

# what's on

You're invited!

Free events from Better Bankside

October 2018



Wednesdays, 10 and 24 October - Lunchtime gardening  
12.30-1.30pm



Wednesdays, 10 and 24 October - StreetGym  
6-7.15pm



Thursday, 11 October - Better Bankside Breakfast  
9-10am



Friday, 12 October - Effectiveness with The School of Life  
8.15-10.30am



Friday, 12 October - ACT awareness training  
10.30am-1pm



Wednesday, 17 October - Showbiz Bankside walk  
12.30-1.30pm



Thursday, 18 October - Yoga  
5.30-6.30pm



Friday, 26 October - Dr Bike  
Drop off 8.30-10.30am  
Pick up 4.30-5.30pm



Tuesday, 30 October - Better Bankside Pub Quiz  
6-9pm



Friday, 2 November - Wellbeing in the workplace roundtable  
8-10am

Find out more, visit:  
[betterbankside.co.uk/events](http://betterbankside.co.uk/events)

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**Better  
Bankside**