

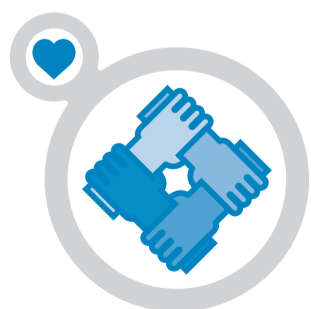
Better Bankside presents

Better You²²



Join us this February for a series of FREE online events focusing on mental health, physical wellbeing, personal growth and professional development

Tuesday February 1	Hand lettering with MYO (5.30 - 7.00pm)	
Tuesday February 1	Dr Bike IN PERSON Cycle Session (Ewer Street) (1.00 - 5.00pm)	
Wednesday February 2	Mental Health for those in Hospitality (12.00 - 2.00pm)	
Thursday February 3	Everybody Yoga (12.30 - 1.30pm)	
Wednesday February 9	Desk Yoga with Lucy Bishop (8.30 - 9.00am)	
Thursday February 10	Sleep Webinar with Andy Roberts (6.30 - 7.30pm)	
Friday February 11	Still life drawing with MYO (1.00 - 2.00pm)	
Tuesday February 15	Imaginary Landscapes with Art Academy (6.00 - 7.00pm)	
Thursday February 17	Plant Club - Seed Bombs (12.30 - 1.30pm)	
Thursday February 17	Mental Health Awareness Training (9.30 - 1.30pm)	
Friday February 18	Staying Present with John Allison (12.00 - 1.00pm)	
Monday February 21	Public Speaking Training (2.00 - 5.00pm)	
Tuesday February 22	Mindful Drawing with Art Academy (6.00 - 7.00pm)	
Thursday February 24	Everybody Yoga (12.30 - 1.30pm)	
Tuesday February 25	Dr Bike IN PERSON Cycle Session (America Street) (8.00am - 12.00pm)	



Inclusivity & Diversity



Mental & Physical Wellbeing



Nature & Climate



Play Where You Work

BOOK NOW at betterbankside.co.uk/events

**Better
Bankside**