

What's on July 2023

Date	Time	Activity
Monday July 3	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Weds July 5	10am-12noon	EFT Tapping workshop. Booking required
Thursday July 6	2-4pm	'Starting Out' session. Booking required
Friday July 7	2-4pm	Drawing imaginary streets. Booking required
Monday July 10	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Tuesday July 11	11am-1pm	Mindfulness for pain management. Booking required
Weds July 12	6-8pm	Look Good Feel Better. Sorry, session already full
Thursday July 13	2-4pm	'Starting Out' session. Booking required
Thursday July 13	10-11.30am	Coffee morning. No booking required
Friday July 14	2-4pm	Art Friendship group drop-in.
Monday July 17	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Thursday July 20	2-4pm	'Starting Out' session. Booking required
Thursday July 20	TBA	Wig fitting service. Booking required
Friday July 21	2-4pm	Charcoal drawing. Booking required
Monday July 24	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Tuesday July 25	11am-1pm	Stretch and breathe. Booking required
Weds July 26	10am-12noon	Energies workshop. Booking required
Weds July 26	6-8pm	Singing Club drop-in
Thursday July 27	2-4pm	'Starting Out' session. Booking required
Friday July 28	10am-12noon	Secondary breast cancer support group drop-in
Monday July 31	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)

Our cancer health and wellbeing centre at North Devon District Hospital is open Monday to Friday, 9am-4.30pm. For more information about the centre and the services available, call us on 01271 311 855, visit our website overandabove.org.uk/fern-centre or scan here



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