



Timetable of Activities - (January to March 2018)

www.feelgoodfactory.org.uk

Monday	9.30 - 10.30 Line Dancing £3.50	10.00 Walking Group (Meet at the Feelgood Factory)	1.00 - 3.00 Crafting Group (Materials Included) £4.00			<p>New for February</p> <ul style="list-style-type: none"> * Bereavement Hub * Think Differently Cope Differently * Feelgood Friday * Creative Writing <p><i>If you require more information Please give us a call</i></p>
Tuesday	10 - 11 Yoga £3.50	12 - 2.30 The Drop-in <i>Informal Mental Health service</i>	12.30 - 2.00 The Reading Group			
Wednesday	9.30 - 10.15 & 10.15 - 11.15 Aerobics 1st Class £3.25 2nd Class £3.50	10.30 - 12 Steps to Health (Healthy lifestyle Course)	11.30 - 12.30 Clinical Pilates £3.50	1.30 - 3.30 Feelgood Learning £2.50		
Thursday	10.00 Walks for Men (Meet at the Feelgood Factory)	11.15 - 12 Zumba Gold £3.50	1 - 4 G.A.S. (Good Afternoon Social) £3.00			
Friday	9.45 - 10.45 Men's Yoga £3.50	11.15 - 12 Zumba Gold Toning £3.50	12 - 1 Walking Football (Meet at Netherton Activity Centre) £2.00	1 - 4 Feelgood Friday (starting 16th February) £3.00	1.30 - 4.00 Man Cave £1.00	
Saturday	2.00 - 4 Afternoon Tea <i>Once a month</i> (Please call to book your place) £2.00					

Feelgood Factory Health Activities & Services held at other Venues

Tuesday	10 - 3.00	Allotment - Dunningsbridge Road We have an organic allotment where volunteers can learn growing skills and get some outdoor exercise. All fruit and vegetables are shared between the volunteers. <i>The group is very friendly and welcoming to new people.</i>
Friday	10 - 12.30	The Drop In <i>Informal Mental Health service</i> At Linacre Mission, Linacre Road, Litherland, Entrance is in Bowden Street

Please note the timetable and activities may be subject to change.

If you would like more information on any of our activities, events or Feelgood services please give us a call on 291 8010 or 291 8011