

# WEEKLY

schedule 2023



## Monday

The Orchard, Basingstoke

10am-11am: Yoga (booking essential)

11:15am-12:45pm: Newcomers Drop-In

12noon-1pm: Mindfulness on Zoom



## Tuesday

PPxtra - Secondaries group - monthly/6wkly

Bookclub on Zoom - monthly/6wkly

## Wednesday

Howard Park Bowls Club  
Basingstoke

10am-12:30pm: Ladies Wellbeing Session



## Friday

The Maltings, Alton

10am-12noon: Alton Wellbeing Session

Twice a month, men & ladies welcome

### Complementary Therapy

Bookable sessions

### Counselling

In-person or phone  
appointments



Contact us for more details:



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The Pink Place

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