

January-February Timetable

No need to sign up, just turn up!

Braveheart Connections is situated in Falkirk Howgate Centre

For all enquires please contact Hub D.O Maureen on 07979700112 or maurren.hill2@nhs.net

Date	10 am – 11am	11am – 12pm	12pm – 1pm	1pm – 2pm	2pm – 3pm
Monday 27 th January			Mall Walk with Strength & Balance 12.15-12.45pm		
		Weight Management Group			
Wednesday 29 th January	Laughter Yoga	Wee Blethers drop in		Mall Walk with Strength & Balance 1.15-1.45pm	
				Beekeeping Course	
Monday 3 rd February	Volunteer Meeting		Mall Walk with Strength & Balance 12.15-12.45pm		
		Weight Management Group			
Wednesday 5 th February	Line Dancing	Wee Blethers drop in		Mall Walk with Strength & Balance 1.15-1.45pm	
		Keep Well clinic (booking required)		Beekeeping Course	
Monday 10 th February			Mall Walk with Strength & Balance 12.15-12.45pm		
		Weight Management Group			
Wednesday 12 th February	Laughter Yoga	Wee Blethers drop in		Mall Walk with Strength & Balance 1.15-1.45pm	
				Beekeeping Course	
Monday 17 th February			Mall Walk with Strength & Balance 12.15-12.45pm		
		Weight Management Group			
Wednesday 19 th February	Qui Gong?	Wee Blethers drop in		Mall walk with Strength & Balance 1.15-1.45pm	
		Keep Well Clinic (booking required)		Beekeeping Course	
Monday 24 th February			Mall Walk with Strength & Balance 12.15-12.45pm		
		Weight Management Group			
Wednesday 26 th February		Wee Blethers drop in		Mall walk with Strength & Balance 1.15-1.45pm	
				Beekeeping Course	