



## APRIL 2024 ONLINE ACTIVITY CALENDAR

New activity courses are shown in orange.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>EASTER MONDAY</b>	<b>2</b> No Anger Management 16:00-17:00 Craft & Chat	<b>3</b> 15:00 – 16:00 Being kind to yourself	<b>4</b> 15:00-16:00 Mindfulness	<b>5</b> 15:00-16:00 Positivity Hour
<b>8</b> 13:00-14:00 Fitter and Healthier in 8 weeks 16:00-17:15 Somatic Art Therapy 18:00- 19:00 Body Image	<b>9</b> 13:30-14:30 Anger Management 16:00-17:00 Craft & Chat	<b>10</b> 15:00 – 16:00 Being kind to yourself	<b>11</b> 15:00-16:00 Mindfulness	<b>12</b> 15:00-16:00 Positivity Hour
<b>15</b> 13:00-14:00 Fitter and Healthier in 8 weeks 16:00-17:15 Somatic Art Therapy 18:00- 19:00 Body Image	<b>16</b> 13:30-14:30 Anger Management 16:00-17:00 Craft & Chat	<b>17</b> 10:30-11:30 <b>Pain Management</b> 15:00 – 16:00 Being kind to yourself ( <b>Last session</b> )	<b>18</b> 15:00-16:00 Mindfulness	<b>19</b> 15:00-16:00 Positivity Hour
<b>22</b> 13:00-14:00 Fitter and Healthier in 8 weeks 16:00-17:15 Somatic Art Therapy 18:00- 19:00 Body Image ( <b>Last session</b> )	<b>23</b> 13:30-14:30 Anger Management ( <b>Last session</b> ) 16:00-17:00 Craft & Chat	<b>24</b> 10:30-11:30 <b>Pain Management</b>	<b>25</b> 15:00-16:00 Mindfulness	<b>26</b> 15:00-16:00 Positivity Hour
<b>29</b> 13:00-14:00 Fitter and Healthier in 8 weeks ( <b>Last session</b> ) 16:00-17:15 Somatic Art Therapy ( <b>Last session</b> )	<b>30</b> 16:00-17:00 Craft & Chat			

For any enquiries/or to register for an activity please contact Ana on 01483 303649 or email [anacarretero@oakleaf-enterprise.org](mailto:anacarretero@oakleaf-enterprise.org)