

# February Programme 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> 10.30-12: Yoga (4) AM: Complementary Therapies 2-4.00: Recoup your Equilibrium</p>	<p><b>2</b> AM: Counselling PM: Hot Flush Clinics PM: Complementary Therapies</p>	<p><b>3</b> AM: Counselling AM &amp; PM: Complementary Therapies PM: Acupuncture</p>
<p><b>6</b> 10-1.30: Pure Colour AM &amp; PM: Complementary Therapies</p>	<p><b>7</b> AM &amp; PM: Complementary Therapies AM: Craft &amp; Conversation AM: Bra Fitting Service PM: Counselling 2.00-4.00: Relax &amp; Restore</p>	<p><b>8</b> 10.30-12: Yoga (1) AM: Complementary Therapies</p>	<p><b>9</b> AM: Counselling PM: Hot Flush Clinics PM: Complementary Therapies</p>	<p><b>10</b> AM: Counselling AM &amp; PM: Complementary Therapies PM: Acupuncture</p>
<p><b>13</b> AM &amp; PM: Complementary Therapies</p>	<p><b>14</b> AM &amp; PM: Complementary Therapies AM: Craft &amp; Conversation 2.00-4.00: Relax &amp; Restore</p>	<p><b>15</b> 10.30-12: Yoga (2) AM: Complementary Therapies 7.30-9.00: Young Ones Group</p>	<p><b>15</b> AM: Counselling PM: Hot Flush Clinics PM: Complementary Therapies</p>	<p><b>17</b> 10.30-12.30: Fatigue Management Group AM: Counselling AM &amp; PM: Complementary Therapies PM: Acupuncture</p>
<p><b>20</b> 10-1.00: Face Forward AM &amp; PM: Complementary Therapies AM: Counselling</p>	<p><b>21</b> AM &amp; PM: Complementary Therapies &amp; Counselling Craft &amp; Conversation AM: Bra Fitting Service 2.00-4.00: Relax &amp; Restore 7-8.30: Women's Group - Polly Noble, Cookery Demo.</p>	<p><b>22</b> 10.30-12: Yoga (3) AM: Complementary Therapies</p>	<p><b>23</b> AM: Counselling PM: Hot Flush Clinics PM: Complementary Therapies 6-8: Melanoma Support Group</p>	<p><b>24</b> AM: Counselling AM &amp; PM: Complementary Therapies PM: Acupuncture</p>
<p><b>27</b> AM &amp; PM: Complementary Therapies AM: Counselling</p>	<p><b>28</b> AM &amp; PM: Complementary Therapies Craft &amp; Conversation AM: Bra Fitting Service PM: Counselling 2.00-4.00: Relax &amp; Restore</p>	<p><b>29</b> 10.30-12: Yoga (4) AM: Complementary Therapies</p>		



