

## Pilmeny Women's Positive Health Group

# April - July 2010 PROGRAMME

Day: **MONDAYS**  
 Venue: **NO 15 BUCHANAN STREET**  
 Times: **1.00PM - 3.00PM**



DATE	PROGRAMME	TUTOR
Monday 26 <sup>th</sup> April	Pre-planning session/ ground rules/womens research project/future programme/etc	Anne Munro/Susan Watson
Monday 3 <sup>rd</sup> May	Holiday	
Monday 10 <sup>th</sup> May	Thai Chi Session	Ellen Kelly
Monday 17 <sup>th</sup> May	Holiday	
Monday 24 <sup>th</sup> May	Gentle Exercise Class	Robina
Monday 31 <sup>st</sup> May	Revisit to Dr Neils Garden	Susan
Monday 7 <sup>th</sup> June	Massage/nails/feet	Julie
Monday 14 <sup>th</sup> June	Leith Festival - Tea Dance	
Monday 21 <sup>st</sup> June	Thai Chi	Ellen Kelly
Monday 28 <sup>th</sup> June	TRIP TO BIGGAR	Leave at 10.30am Return from Biggar at 3.00pm
Monday 5 <sup>th</sup> July	Either Meal or Talk re different cultures	Parveen/ Meal?
Monday 12 <sup>th</sup> July	Evaluation / Social	Susan Watson

