

# Pilmeny Women's Positive Health Group

## October - December 2009 PROGRAMME



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

DATE	PROGRAMME	TUTOR
Monday 12 <sup>th</sup> October 09	Planning Session	Susan/Anne
Monday 19 <sup>th</sup> October 2009	Womens Health Research in Leith	Anne Munro
Monday 26 <sup>th</sup> November 09	Talk Drama Project	Liz Hare Citadel
Monday 2 <sup>nd</sup> November 09	Hand Massage/ Manicure	Julie
Monday 9 <sup>th</sup> November 09	Social Afternoon Discussion	Susan not in this week
Monday 16 <sup>th</sup> November 09	Talk Spiritual guidance/ Clairvoyance	Francis Ryan
Monday 23 <sup>rd</sup> November 09	Trip to New Lanark 10.00am - 4.00pm	Mini Buss
Monday 30 <sup>th</sup> November 09	Thai Chi Session	Ellen Kelly
Monday 7 <sup>th</sup> December 09	Beauty Session	Julie
Monday 14 <sup>th</sup> December 09	Xmas Meal Dobies Garden Centre	11.30 - 3.00pm
Monday 21 <sup>st</sup> December 09	Christmas Social Evaluation	

