

## **MARCH 2019**

*Tuesday 5<sup>th</sup> March – Healthy Lifestyle – as* part of this Workshop we will be taking a Nature Walk around or near our local area.

*Tuesday 12th March* – *Craft Workshop. During this session we will be making and creating Seasonal Crafts. Tea and Coffee provided.* 

Tuesday 19<sup>th</sup> March - No workshop

*Tuesday 26<sup>th</sup> March* – *Healthy Living* – *during this workshop we will be preparing and making a healthy dish to take home.* 

EVERYONE WELCOME