

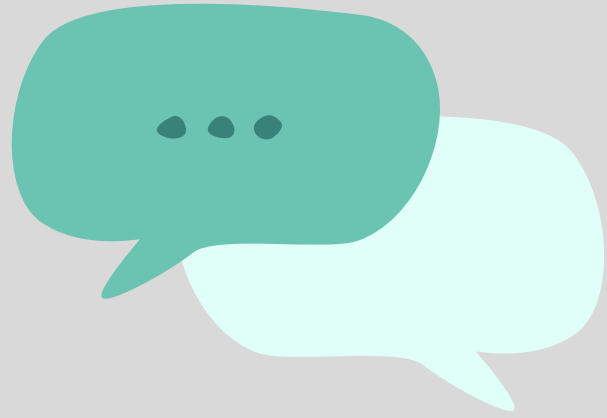
WEEKLY WELLBEING

MONDAY

**MOVIE NIGHT
MONDAYS**



TUESDAY



**LET'S TALK
TUESDAYS**

WEDNESDAY



**WELLBEING
WEDNESDAYS**



WALK & TALK

THURSDAY



**THOUGHTFUL
THURSDAYS**

FRIDAY



**FRYING PAN
FRIDAYS**

PANCAKE EVENING

SATURDAY

GAMES NIGHT IN

**SATURDAY
SAVER**



SUNDAY



**SLEEP IN
SUNDAYS**

**REST &
RECOOPERATE**

SELF CARE