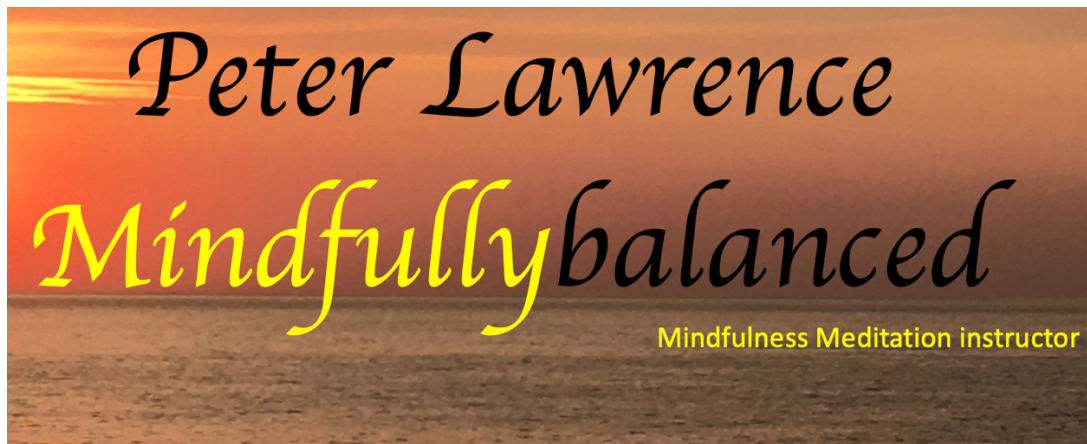


Newsletter 16/2021

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Date: 20TH June 2021

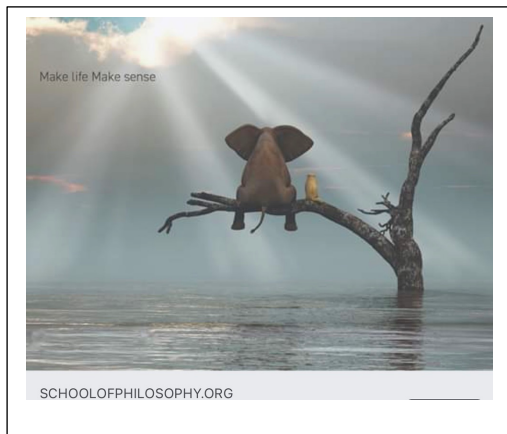
Contents of this newsletter:

Section 1: Update weekly sessions

Section 2:

Section 1:

Update weekly community sessions



Monday 21st June - 9am and 8.30pm
Tuesday 22nd June - 7.30pm (movement for cancer)
Wednesday 23rd June - 9am
Thursday 24th June - 6.30pm
Friday 25th June - 9am and 11.30am

Saturday 26th June - 11am
Sunday 27th June - 10am

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

This is a shortened newsletter this week, take care and always be kind to yourself and others. This doesn't mean to go racing towards a person you do not get on with or like and try to be their friend, but accepting they are human too with their own faults.

Yay!!!Take care everyone.
With kindness
Pete

