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| **East Leeds Health for All- Weekly Activities Program** |
| ***MONDAY*** |
| Indian Women's Group - Home | Facebook | ***Leeds Hong Kong Women’s Group******10:00am- 1:00PM******Venue: 41-47 Cromwell Mount LS9 7ST*** ***Women only. Free refreshments and activities.******Come along and join Sarah*** |
|  | ***Warm Space/ Lincoln Green Support Drop-in*** ***12:45PM – 3:00PM******41-47 Cromwell Mount, Lincoln Green*** *Support with food, utilities; benefits applications;* *debt management; form filling; housing bids. Information/referrals to other services.* ***Men and women welcome*** |
| ***WEDNESDAY***

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|  Badminton: History, Types, Objective, & Equipment - Sportsmatik | ***Badminton Session*** ***11:00AM – 1:00PM******Men and women welcome******Venue: Fearnville Leisure Centre******To register please contactSarah on P:07824481269******E:*** ***sarahs@touchstonesupport.org.uk*** |

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| ***THURSDAY***  |
|  A picture containing water, sport, water sport, swimming  Description automatically generated | ***Free Swim Session*** ***11:15AM – 12:45PM******Venue: Scotthall Leisure Centre******Men and women welcome******To register please contact Sarah on P:07824481269******E:*** ***sarahs@touchstonesupport.org.uk*** |
|  |  ***FRIDAY*** |
|  | ***Sewing Group******11:00AM – 12:15PM******Venue: Touchstone 41-47 Cromwell Mount******To register please contact******Sarah on P:07824481269******E:*** ***sarahs@touchstonesupport.org.uk*** |
| ***SATURDAY***  |
| People walking on a path with cherry blossom trees on either side  Description automatically generated with low confidence |  ***Free Walking Group******Meeting point at Leeds Central Bus Station Stand 10******Join Sarah at 10:15am with FREE transport.*** ***To register please contact Sarah on P:07824481269******E :*** ***sarahs@touchstonesupport.org.uk*** |
| ***For information on any of the groups or activities on this poster please contact******P: 0113 248 4880*** ***E:*** ***cmadmin@touchstonesupport.org.uk*** |

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