

Touchstone's Better Together – Weekly Programme

Join us for wellbeing activities!

MONDAY



Leeds Hong Kong Women's Group

10am – 12.30pm

Burmantofts

Women Only. Free refreshments & activities.

sarahs@touchstonesupport.org.uk

07824 481 269

WEDNESDAY



Badminton Session

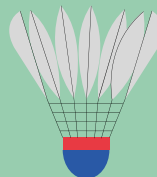
11am – 12pm

Fearnville Leisure Centre, LS8 3LF

Contact Sarah to register:

sarahs@touchstonesupport.org.uk

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THURSDAY



Free Swim Session

11.15am–12.45pm

Scott Hall Leisure Centre, LS7 3DT

Contact Sarah to register:

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SATURDAY



Walking Group

10.15am start

Meet at Leeds Central Bus Station Stand 10

Free transport included

Contact Sarah to register:

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