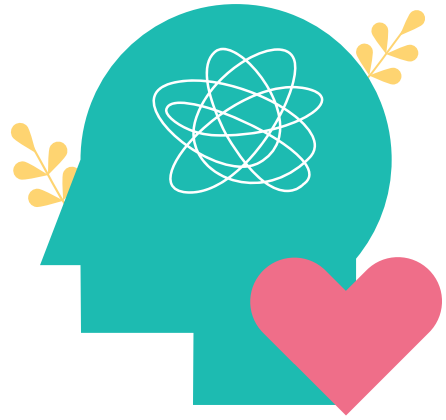


# Connect Well

Join us for a series of workshops that can support your health and wellbeing during these challenging times.



## Online Course Timetable

Workshops will be delivered live via Zoom.

Workshop	Date	Time
Good Morning Stretch	19th Aug	11.30am
Bake Along	26th Aug	11.30am
The Secret to Personal Success is Found in Daily Routines	2nd Sept	11.30am
Relaxation to Calm Mind, Body and Soul	9th Sept	11.30am

Register for a workshop via our website:

[www.springsp.org](http://www.springsp.org)