

MEN'S PROGRAMME

**birmingham
settlement**
developing communities, changing lives

IMPROVE YOUR HEALTH & WELLBEING
THROUGH PARTICIPATING IN ACTIVITIES

All FREE - STARTING 1ST APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Men's Boxercise 11:00 - 12:00			Men's walking group 10:00 - 11:30
Men's DIY discussion group 12:30 - 1:30		I.T CLASS 1:00 - 3:00 Mixed	JOB CLUB 1:00 - 3:00 Mixed	CV WORKSHOP 10:00 - 12:00 Mixed
Men's Tai Chi 2:00 - 3:00	Men's meet up 1.30 - 3:00			
		Men's Social running 3:15 - 4:15	Men's Chess and dominoes 2.30 - 4.30	

FOR MORE INFORMATION CONTACT:

Birmingham Settlement
359-361 Witton Road
Aston, Birmingham, B6 6NS
Tel: 0121 250 0777

Email: andy.farrer@bsettlement.org.uk
www.birminghamsettlement.org.uk

