

# BETTER BANKSIDE EVENTS

Join our **free events** programme in Bankside to connect with your community, boost your wellbeing and skills, and leave feeling refreshed and inspired. **Book now!**

**10**  
MAY  
14:00

**DEAF AWARENESS  
TRAINING**

**10**  
MAY  
12:30

**LUNCHTIME  
GARDENING:  
GREEN FOR MAY**

**16**  
MAY  
14:00

**WHERE DOES OUR  
WASTE GO?  
WEBINAR**

**16**  
MAY  
18:00

**TOUR KIRKALDY'S  
HISTORIC TESTING  
WORKS**

**18**  
MAY  
14:00

**MENTAL HEALTH  
AWARENESS  
TRAINING**

**23**  
MAY  
14:00

**PUBLIC SPEAKING  
TRAINING**

**24**  
MAY  
18:00

**STREETGYM  
FITNESS  
SESSION**

**24**  
MAY  
12:30

**LUNCHTIME  
GARDENING:  
GREEN FINGERS**

**25**  
MAY  
18:00

**AROMATHERAPY  
FOR WELLBEING**

## BOOK NOW AT

[betterbankside.co.uk/events](https://betterbankside.co.uk/events)



**BETTER  
BANKSIDE**