

## BETTER YOU<sup>20</sup><sub>23</sub>

Join us this February for a series of **FREE** events focusing on Mental, Physical and Financial Wellbeing, and Environmental Wellness.



<b>FEB 01</b> WED 13.00	<b>Bankside Bootcamp</b> Empower Fitness
<b>FEB 07</b> TUE 12.30	<b>Qigong Introduction</b> Laura Ichajapanich from Breathe
<b>FEB 07</b> TUE 18.45	<b>Yoga</b> Energie Fitness Borough
<b>FEB 08</b> WED 12.30	<b>Financial Resilience &amp; the Psychology of Money Workshop</b> The Money Charity
<b>FEB 08</b> WED 18.00	<b>Sound Bath</b> The Bridge & Joh Johnson
<b>FEB 09</b> THU 13.00	<b>Problem Solving &amp; Planning</b> John Allison
<b>FEB 10</b> FRI 08.30	<b>Everybody Yoga</b> Online Lucy Bishop
<b>FEB 14</b> TUE 12.30	<b>Spin Class</b> Energie Fitness Borough
<b>FEB 14</b> TUE 12.30	<b>Planting Your Own Micro Salad</b> Better Bankside's Urban Gardener
<b>FEB 14</b> TUE 14.00	<b>Public Speaking Training</b> Speakers Trust
<b>FEB 15</b> WED 13.00	<b>Stretching &amp; Rolling Class</b> Empower Fitness
<b>FEB 16</b> THU 12.00	<b>Bike Maintenance Workshop</b> NipNip

<b>FEB 16</b> THU 13.00	<b>Everybody Yoga For All</b> Lucy Bishop
<b>FEB 16</b> THU 18.00	<b>Aromatherapy for Wellbeing</b> Julia Oyeleye
<b>FEB 21</b> TUE 12.00	<b>Pancake Day Race</b> Better Bankside
<b>FEB 21</b> TUE 18.45	<b>Yoga</b> Energie Fitness Borough
<b>FEB 22</b> WED 18.15	<b>Outdoors Fitness</b> StreetGym
<b>FEB 23</b> THU 08.30	<b>Dr Bike – Free Bike Check</b> Dr Bike
<b>FEB 23</b> THU 10.00	<b>Thames Foreshore Clean Up</b> Reorra
<b>FEB 23</b> THU 12.30	<b>Herbal Tea Making</b> Hackney Herbal
<b>FEB 24</b> FRI 08.30	<b>Everybody Yoga</b> Online Lucy Bishop
<b>FEB 27</b> MON 12.30	<b>LinkedIn Training</b> Online Kathryn Hall - The Career Owl
<b>FEB 28</b> MON 12.30	<b>Mental Health Awareness Training</b> Mental Health First Aid England

## BOOK NOW AT

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



**BETTER  
BANKSIDE**