

World Health Day

7th April

Join us for a full day of events!

- 7am Tai Chi with Hannah**
- 8am Yoga & Mindfulness with San'Ra**
- 9am Healthwatch Lambeth introduction**
- 10am YogBox with Naomi**
- 11am Drumming with Shamha Vibration CIC**
- 12pm Lambeth IAPT wellbeing session**
- 1pm Gardening with Lambeth GP Food Co-op**
- 2pm Mindfulness with Imani**
- 3pm Singing with 60 Minute Sing**
- 4pm Cooking & Nutrition with Zoe**
- 5pm Wellbeing for VCS Staff**
- 6pm Mental Health & Managing Stress Workshop**
- 7pm Kwame & Lockdown 3, Drama Performance with Tony Cealy**

[Register here for the day!](#)