

Living Well Friday Afternoon Timetable

Please inform a member of the Living Well Service Team if you leave the building before 15:30.

13:00 - 13:30	13:30 - 14:15	14:15 - 15:00	15:00 - 15:30	15:30
Welcome Patients: Tea/Coffee and Socialise (Living Well Service Lounge)	Wellbeing Discussion Group or Guest Speaker (Lounge)	Creative Activities (Lounge)	Relaxation (Lounge)	Sessions Finished: Please ensure you remember to sign out at main reception.
		Socialising, Hand Massage, etc. (Lounge)	Appointment w/Life Celebration Vol (Clinic Room)	
		Exercise (Gym)	Appointment w/Nurse (Clinic Room)	
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