

## JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 VIC School Holidays	2 VIC School Holidays	3
				Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen via Zoom 11am – 12noon Mindfulness with Cheryne via Zoom 1pm – 2pm	
4	5 VIC School Holidays	6 VIC School Holidays	7 VIC School Holidays	8 VIC School Holidays	9 VIC School Holidays	10
	Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12noon Yoga with Robyn via Zoom 4pm – 5.15pm	Meditation with Maree via Zoom 10am – 11am Walking Group 1pm – 2pm Supporting Blokes Group via Zoom 6pm – 8pm	Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen via Zoom 11am – 12noon Covid-19 Vaccine Q&A via Zoom 12.30pm – 1.30pm	
11	12	13	14	15	16	17
	HOT Pink Sisters Support Group F2F@The Living Centre 12.30pm – 2pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Yoga with Shelley via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50s Support Group for women over 50 1pm – 2.30pm	Meditation with Maree via Zoom 10am – 11am Creative Writing with Anna via Zoom 11.30am – 12.30pm Second Hope Support Group F2F@The Living Centre 12.30pm – 2pm Walking Group 1pm – 2pm Pink Sisters Support Group for women under 50	Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen via Zoom 11am – 12noon	
18	19	20	21	22	23	24
	Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12noon Breast Cancer & Nutrition Presentation via Zoom 1.30pm – 2.30pm Yoga with Robyn via Zoom 4pm – 5.15pm	Meditation with Maree via Zoom 10am – 11am Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm Walking Group 1pm – 2pm	Pilates with Michelle via Zoom 9.30am – 10.30am Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 3pm – 4pm	Tai Chi with Helen via Zoom 11am – 12noon	
25	26	27	28	29	30	1
	HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 1pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Yoga with Shelley via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon Book Club via Zoom 1pm – 2pm	Meditation with Maree via Zoom 10am – 11am Finance Workshop with Dishna via Zoom 12 noon—1pm Walking Group 1pm – 2pm	Pilates with Michelle via Zoom 9.30am – 10.30am Skincare & Make Up with Lucia via Zoom 12.30pm – 1.30pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen via Zoom 11am – 12noon	