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| **Carer Online Programme February 2021** |
| **Gentle Yoga with Colette****Mondays until end of February****10.30am – 11.30am**  |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\744D7E6E.tmpIntroduction to Coaching with Fiona****Monday 22nd February****2.00pm – 3.00pm** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1F68295F.tmpSpring Gardening** **with Linda****Tuesdays 16th & 23rd February****1.30pm – 3.30pm (Materials will be provided)** |
| cid:image001.png@01D6F0C1.85501260**Singing with Anna****Wednesday 17th & 24th February****11.00am – 12.00pm** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C082D9C5.tmpGuitar Session with Brendan****Wednesday 17th February** **7.00pm – 8.00pm (Guitar Required)** |
| Common Sales Tricks Beauty Spas use on you (Plus New York Skin Solutions  Review) » myBeautyCravings**‘Show Yourself Some Love’ Facial Session****Thursday 11th February****7.30pm – 8.30pm (Materials will be provided)** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4F7C41D3.tmp4 Week Craft Workshops****Thursdays 18th February to 11th March****11.00am to 12.00pm (Materials will be provided)** |
| Personalized Sketch Pad - Qualtry**Sketching for Beginners****Wednesday 24th February****2.00pm – 3.30pm (Materials will be provided)** |
| 704-nia-**Movement & Dance with Charmaine****Fridays 15th January to 19th February****11.00am – 12.00pm** |
| Valentine's Day DIY Crafts - FeltMagnet - Crafts**Valentine Crafts with Ciaran****Friday 12th February****2.00pm – 3.00pm (Materials will be provided)** |

**To book your place contact the Carer Support Service**

**on T: 9504 2126**

**E: CarerSuppSvcs@belfasttrust.hscni.net**