

	Wednesday	Thursday
Morning	<p>Wellness toolbox Location: Lewes WBC 10am - 11am</p> <p>Quiz Location: Lewes WBC 11am - 11.30am</p> <p>Creative Group Location: Lewes WBC 11.30am - 1pm</p>	
Afternoon	<p>Centre Closed 30th</p>	<p>ONLINE Community drop-in 2pm - 3pm (run by Wellbeing Centre staff)</p> <p>*Ask staff for link/codes to access</p>

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

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