

# Online Activity Timetable

Mon



Tue



**Be Active**  
**11am - 12pm**

Wed



**Mindfulness**  
**2pm - 3pm**

Thu



**Social Group**  
**10:30am - 11:30am**

**Intro to WOW\***  
**1pm - 2pm**

Fri



\*Wheel of Wellbeing