



What's on, When, At Great Oaks Hospice.

What's on	Day	Time	Type	Location
Coping with Illness	Last Monday of the Month	14:00 - 16:00	Face to Face	Dining Room
Qi Gong	Tuesday	09:45 - 10:45 11:00 - 12:00 14:00 - 15:00	Zoom Zoom Face to Face	Acorn Suite
Mindfulness	Tuesday	12:30 - 13:00	Zoom	
Sound Relaxation	Group 1 - 1st Thursday of the month Group 2 - 3rd Thursday of the month	10:00 - 11:30 10:00 - 11:30	Face to Face Face to Face	Acorn Suite Acorn Suite
Living With Cancer	1st & 3rd Friday of the month	10:00 - 12:00	Face to Face	Dining Room
Sound for Health	Friday	10:00 - 11:00	Zoom	

If you're interested in any of these sessions you will need to prebook your place.

For further information please contact Great Oaks Hospice

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