

	Wednesday	Thursday
Morning	<b>Wellness toolbox</b> Location: Lewes WBC 10am - 11am  <b>Quiz</b> Location: Lewes WBC 11am - 11.30am  <b>Creative Group</b> Location: Lewes WBC 11.30am - 1pm	<b>ONLINE Community drop-in</b> 11am - 12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access
Afternoon		Closed on 25th & 26th

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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