



## Hestia: June 2025 WORKSHOPS & EVENTS (Residents of Hammersmith & Fulham)

### June's Theme: Moving Forward, One Step at a Time

Day	Workshop	Time	Length
Tuesday 3 <sup>rd</sup> June	Start with the Small Things (Zoom)	11AM-12PM	1 Hour
Friday 6 <sup>th</sup> June	Simple Steps Towards Healthy Eating (Zoom)	1PM-2PM	1 Hour
Thursday 12 <sup>th</sup> June	A Beginners Guide to Exercise (Zoom)	1PM-2PM	1 Hour
Thursday 19 <sup>th</sup> June	Turning Procrastination into Valued Goals (Zoom)	1PM-2PM	1 Hour
Tuesday 24 <sup>th</sup> June	Stay on Track (Zoom)	1PM-2PM	1 Hour
Wednesday 25 <sup>th</sup> June	(In-Person Workshop) Location: Shepherds Bush Library	11AM-12:30PM	90 Minutes
Friday 27 <sup>th</sup> June	Outing <u>Service Users Only</u>	12PM-3:30PM	3 Hours & 30 Minutes

**Workshops will be taking place via Zoom.**

**Zoom details: To be provided the morning of the workshop.**

**The *in-person* workshop will be held at: Shepherds Bush Library**

**Trip: TBC**



**Workshop & Outing Facilitators: Community Links Advisor**

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