Save the dates - Spring Talks Series 2027

Thursday evenings at 7 - 8 pm

April & May 2027:



- **Arthritis UK & Val Gale - Managing Mental Wellbeing - 1st April**
- **Mark Boyd MSM Member - Collection of Clocks - 8th April**
- **Amanda Hicks of Tree Vibes - Sound Bath - 15th April**
- **NHS Dietician Andrea Home - Healthy Eating and Nutrition Support - 22nd April**
- **Arthritis UK & Val Gale - Managing Sleep - 6th May**