

Woodgrange Wellbeing Services

Monday

- Reflexology
- Massage
- Aromatherapy
- Arts & Crafts
- Motivational Monday Exercise Group
- Physiotherapy

Tuesday

- Reflexology
- Massage
- Aromatherapy
- Sound Therapy and Relaxation
- Physiotherapy

Wednesday

- Reflexology
- Massage
- Aromatherapy
- Physiotherapy
- Gardening For Hope

Thursday

- Physiotherapy
- Activities to be confirmed

Friday

- Reflexology
- Massage
- Aromatherapy
- Physiotherapy
- Keep on Moving (walking in the park)
- Virtual tea/chat



020 8382 8042