

March 2018

 wellspring London	<p align="center">Program Legend:</p> <p align="center">Black = Drop in Programs Blue = Appointment Programs Green = Registered Programs</p> <p align="center">519.438.7379 www.wellspringlondon.ca</p>		<p align="center">Thursday March 1</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm Return to Work 6:45 - 7:45 pm Yoga	<p align="center">Friday March 2</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong <p align="center">Battle of the Bands London Music Hall Doors open at 5:30pm</p>	<p align="center">Saturday March 3</p> <p align="center">Centre Closed</p>
			<p align="center">Monday March 5</p> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki 1:00 - 3:00 Knit & Crochet	<p align="center">Tuesday March 6</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies 6:30 - 8:00 Caregivers Support Group	<p align="center">Wednesday March 7</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 Survivors Support Group 2:30 - 3:30 Yoga
<p align="center">Monday March 12</p> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki 1:00 - 3:00 Knit & Crochet	<p align="center">Tuesday March 13</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<p align="center">Wednesday March 14</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 Survivors Support Group 2:30 - 3:30 Yoga 7:00 - 9:00 pm Look Good Feel Better	<p align="center">Thursday March 15</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm Return to Work 6:45 - 7:45 pm Yoga	<p align="center">Friday March 16</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong	<p align="center">Saturday March 17</p> <p align="center">Centre Closed</p>
<p align="center">Monday March 19</p> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki 1:00 - 3:00 Knit & Crochet	<p align="center">Tuesday March 20</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<p align="center">Wednesday March 21</p> 10:00 - 4:00 Peer Support 10:00 - 12:00 Look Good Feel Better 10:30 - 12:00 Meditation 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 Survivors Support Group 2:30 - 3:30 Yoga 6:00 - 7:30 Drumming	<p align="center">Thursday March 22</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm Return to Work 6:45 - 7:45 pm Yoga	<p align="center">Friday March 23</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong	<p align="center">Saturday March 24</p> <p align="center">Centre Closed</p>
<p align="center">Monday March 26</p> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki	<p align="center">Tuesday March 27</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:30 - 1:00 Ovarian Cancer Support Group 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<p align="center">Wednesday March 28</p> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 Survivors Support Group 2:30 - 3:30 Yoga	<p align="center">Thursday March 29</p> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm Return to Work 6:45 - 7:45 pm Yoga	<p align="center">Friday March 30</p> <p align="center">Wellspring Closed Good Friday</p> 	<p align="center">Saturday March 31</p> <p align="center">Centre Closed</p>