

# February Events

## Regular Activities

*Tuesdays - 12PM-1PM*

**Chat with a Cuppa:** Come and join a fun and lively chat with a beverage of your choice!

*Wednesdays - 3PM-4:30PM*

**Bollywood Dance and Mindfulness:** Love dancing? Come and join this stress-busting dance fitness session with a touch of mindfulness.

*Thursdays - 12PM-1PM*

**Culture Club:** Enjoy learning about different cultures? Come and learn with us.

## One-off events (with Digital Communities Wales)

*Tuesday 23rd - 3.30pm to 4.30pm)*

**Combatting Loneliness**

*Friday 26th (3.30pm to 4.30pm)*

**5 steps to Mental Wellbeing**

For more information/to register, please contact Tubasum Munawar on [tubasum.munawar@diverse.cymru](mailto:tubasum.munawar@diverse.cymru) or 07932512240