

October continued...

- **Thursday 15th 11am- 12pm – Energise Song& Dance**
Join Zoom Meeting
<https://us02web.zoom.us/j/82793944313?pwd=ZWZhOWxrZm1SZFE5REE2RXNKRThTQT09>
Meeting ID: 827 9394 4313
Passcode: 072890
- **Tuesday 20th 11am- 12pm – Chat& Brew for Get Online Week**
Join Zoom Meeting
<https://us02web.zoom.us/j/87679362341?pwd=REJpS2tlYXNzWnd3WmhMdVI1bHNpUT09>
Meeting ID: 876 7936 2341
Passcode: 987324
- **Thursday 22nd 11am- 12pm – Better Health- Managing Health Online for Get Online Week**
Join Zoom Meeting
<https://us02web.zoom.us/j/86024772489?pwd=ZTdKRVdmMlhxNkxKM1VlWmFrNmRCUT09>
Meeting ID: 860 2477 2489
Passcode: 493426
- **Thursday 29th 1pm- 2pm – Breast Buddies Support Group**
*If you would like to join this session, please email us at energise@thebiglifecompany.com and we will send you the details.
- **Friday 30th 1pm- 2pm – Diabetes Support Group**
*If you would like to join this session, please email us at energise@thebiglifecompany.com and we will send you the details.

For any Zoom related queries or to access one of our groups,
please email: energise@thebiglifecompany.com