

**What's Happening  
Online  
This Month**

**January**

- **Tuesday 5<sup>th</sup>- 11am- 12pm Tea & Chat, Wellbeing Conversations**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/88497618368?pwd=WnFOZ0lyNnFiZkVWUzd1MG94VVRPd09>  
Meeting ID: 884 9761 8368  
Passcode: 332010
- **Thursday 7<sup>th</sup>- 11am- 12pm- Breast Buddies**  
\*If you would like to attend, please email us at [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) and we will send you the details.
- **Thursday 7<sup>th</sup> 1pm- 2pm- Fibromyalgia Support Group**  
\*If you would like to attend, please email us at [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) and we will send you the details.
- **Monday 11<sup>th</sup> - 11am- 12pm- Creativity Group**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/85109550569?pwd=MTZURG90OHdrcXI5TnNrdzZyWlovQT09>  
Meeting ID: 851 0955 0569  
Passcode: 366138
- **Wednesday 13<sup>th</sup> - 11am- 12pm - Veggie January**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/86548028447?pwd=aU1iMDRnZm1zV21leVNCWlJiOFVsZz09>  
Meeting ID: 865 4802 8447  
Passcode: 921252
- **Thursday 14<sup>th</sup>- 11am- 12pm - Smoke-Free New Year**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/89198740134?pwd=QUNNYSS5UjdWM05iZDVyNXlqMVNxUT09>  
Meeting ID: 891 9874 0134  
Passcode: 737847

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

## January continued...

- **Tuesday 19<sup>th</sup>- 11am- 12pm – Tea& Chat, Beat the Blues**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/88497618368?pwd=WnFOZ0lyNnFiZkVWUzd1MG94VVRPdz09>  
Meeting ID: 884 9761 8368  
Passcode: 332010
- **Thursday 21<sup>st</sup> 11am- 12pm – Sugar Swaps for Sugar Awareness Week**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/89429165247?pwd=enAwY20xWkgyaDdVMmY5T3dkeXhoUT09>  
Meeting ID: 894 2916 5247  
Passcode: 880246
- **Monday 25<sup>th</sup> 11am- 12pm – Creativity Group**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/85109550569?pwd=MTZURG900HdrcXI5TnNrdzZyWlovQT09>  
Meeting ID: 851 0955 0569  
Passcode: 366138
- **Thursday 28<sup>th</sup> 11am- 12pm – RSPB Big Garden Bird Watch, Bird Watching in Your Local Area!**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/83857839417?pwd=QWhpMC9Jak4zcVhVbDBwbmRLVXVRUT09>  
Meeting ID: 838 5783 9417  
Passcode: 457873
- **Thursday 28<sup>th</sup> 1pm- 2pm – Breast Buddies**  
\*If you would like to attend, please email us at [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) and we will send you the details.

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