

**What's Happening
Online
This Month**

April

- **Thursday 1st – 1pm – 2pm – Fibromyalgia Support Group**
*If you would like to attend, please email us at energise@thebiglifecompany.com and we will send you the details.
- **Tuesday 6th – 11am – 12pm – Creativity – Easter Bunnies**
Join Zoom Meeting:
<https://us02web.zoom.us/j/82448264868?pwd=ZjR0a0NzSIZjYStqQjY3Q0IwakNvdz09>
Meeting ID: 824 4826 4868 Passcode: 637904
- **Wednesday 7th – 11am – 12pm – Stress Busters – Understanding & Identifying Stress**
*This is a 4 week course. If you would like to attend, please email us at energise@thebiglifecompany.com
- **Monday 12th – 11am – 12pm – Grow Your Own From Leftovers**
Join Zoom Meeting:
<https://us02web.zoom.us/j/89569797319?pwd=RXR6RWRQeDJxNGNRNjlkY1pINUZZQT09>
Meeting ID: 895 6979 7319 Passcode: 327538
- **Tuesday 13th – 11am – 12pm – Tea and Chat**
Join Zoom Meeting:
<https://us02web.zoom.us/j/88497618368?pwd=WnFOZ0lyNnFiZkVWUzd1MG94VVRPdz09>
Meeting ID: 884 9761 8368 Passcode: 332010
- **Wednesday 14th – 11am – 12pm – Stress Busters – Relaxation & Positive Thinking**
*This is a 4 week course. If you would like to attend, please email us at energise@thebiglifecompany.com
- **Monday 19th – 11am – 12pm - Creativity – St George's Day**
Join Zoom Meeting:
<https://us02web.zoom.us/j/85109550569?pwd=MTZURG90OHdrcXI5TnNrdzZyWlovQT09>
Meeting ID: 851 0955 0569 Passcode: 366138

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

April Continued...

- **Tuesday 20th – 11am – 12pm – Chair Based Exercises**

Join Zoom Meeting:

<https://us02web.zoom.us/j/85753404339?pwd=dngvSGMwbIFMR3I3dGFJUVZEZVFzUT09>

Meeting ID: 857 5340 4339

Passcode: 767348

- **Wednesday 21st – 11am – 12pm – Stress Busters – Eat Well for Wellbeing**

* This is a 4 week course. If you would like to attend, please email us at energise@thebiglifecompany.com and we will send you the details

- **Thursday 22nd – 11am – 12pm – Stop Smoking Quiz & Info session**

Join Zoom Meeting:

<https://us02web.zoom.us/j/84886125898?pwd=UTdUYW1JK25KeHFRVi9pNkxINHBBdz09>

Meeting ID: 848 8612 5898

Passcode: 261299

- **Tuesday 27th – 11am – 12pm – Tea & Chat**

Join Zoom Meeting

<https://us02web.zoom.us/j/88497618368?pwd=WnFOZ0lyNnFiZkVWUzd1MG94VVRPdz09>

Meeting ID: 884 9761 8368

Passcode: 332010

- **Wednesday 28th – 11am – 12pm – Stress Busters – Move More**

*This is a 4 week course. If you would like to attend, please email us at energise@thebiglifecompany.com and we will send you the details

- **Thursday 29th – 11am – 12pm – International Dance Day**

Join Zoom Meeting:

<https://us02web.zoom.us/j/87345301120?pwd=b2J50EJhOGwxTON4c1ppVGovUllkQT09>

Meeting ID: 873 4530 1120

Passcode: 396905

- **Thursday 29th – 1pm – 2pm – Breast Buddies**

*If you would like to attend, please email us at energise@thebiglifecompany.com

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