

Learning in Libraries Health and Wellbeing Online Learning Programme April May 2021

Course	Date	Time	Number of Weeks	Cost	Link
Mindful Experiences	Monday 19 th April	10am-11am	5	£25	Shop link not yet live. To book please email learninginlibraries@hants.gov.uk tinyurl.com/4rtwcdlp
Sing your way to better mental health	Monday 19 th April	10-11am	5	Free	tinyurl.com/4rtwcdlp
Senior Fitness for Wellbeing	Monday 19 th April	1.30pm – 2.30pm	5	Free	https://tinyurl.com/2trc7efs
Senior Fitness with Rachael	Monday 19 th April	11am-12pm	5	£25	https://tinyurl.com/85u4fje
Ukuele for Wellbeing	Tuesday 20 th April	10am-12pm	5	Free	tinyurl.com/hh3tr99
Ukuele for Wellbeing	Tuesday 20 th April	6:30-8:30pm	5	Free	tinyurl.com/lpcauqv
Self Esteem and Confidence	Tuesday 20 th April	11:30am - 12:30pm	5	Free	tinyurl.com/ydtk3r3p
Basic First Aid	Tuesday 20 th April	10:30am-12:15pm	3	Free	tinyurl.com/yeymyer9
Mindful Stitching	Wednesday 21 st April	10am-11am	5	Free	tinyurl.com/27a26bm
Managing Anxiety	Thursday 22 nd April	10am-11am	5	Free	tinyurl.com/55zbfuip
Traditional Calligraphy for Relaxation	Thursday 22 nd April	10am-11am	5	Free	tinyurl.com/4s7p8u84
Zumba Gold	Friday 23 rd April	10:30-11:30am	5	Free	tinyurl.com/2hw8bf5
Zumba for All	Friday 23 rd April	6:30-7:30pm	5	Free	tinyurl.com/2cyu0tpu
Sewing for Happiness	Tuesday 27 th April	10am-12pm	5	Free	https://tinyurl.com/8ksyv3n8
Breathe Stretch Relax Pilates for Beginners	Tuesday 27 th April	5.45pm-6.45pm	5	Free	tinyurl.com/643kkwck

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Yoga for Wellbeing	Wednesday 28 th April	12pm-1pm	5	Free	tinyurl.com/cyf7hwj
Mindfulness	Wednesday 28 th April	10am-11:15am	5	Free	tinyurl.com/5nh7nedn
Dance Fitness	Wednesday 28 th April	11am-12pm	10	Free	tinyurl.com/njyamd92
Introduction to Sports Injuries and First Aid	Wednesday 28 th April	7-9pm	4	Free	tinyurl.com/3eca5vnh
Sewing for Happiness	Thursday 29 th April	10am-12pm	5	Free	https://tinyurl.com/d78c2v8w
Holistic Health and Ayurveda	Thursday 29 th April	7-8pm	5	Free	tinyurl.com/28k5mwtz
Yoga Mixed Ability	Thursday 29 th April	10-11am	10	£50	https://tinyurl.com/rwz9jb7n
Pilates	Thursday 29 th April	5:45-6:45pm	5	£25	https://tinyurl.com/vc6322j3
Yoga and Mindfulness	Thursday 29 th April	6-7:15pm	5	Free	tinyurl.com/Scrucpdy
Seated Dance and Exercise	Friday 30 th April	10am-11am	5	Free	https://tinyurl.com/5b9snwuu
Yoga to Quieten the Mind	Friday 30 th April	10-11am	5	Free	tinyurl.com/xbyndkb3
Ballet Fitness (sculpt and tone)	Friday 30 th April	11:15am-12pm	5	Free	tinyurl.com/33h5778s
Yin Yoga to Quieten the Mind	Friday 30 th April	1-2pm	10	£50	https://tinyurl.com/5p3pzmm
Seated Dance and Exercise wht Rachael	Friday 30 th April	1:30-2:30pm	5	£25	https://tinyurl.com/y886jnb9
Personal Resilience	Friday 7 th May	1-3pm	4	Free	Shop link not yet live. To book please email learninginlibraries@hants.gov.uk
Practical Assertiveness	Friday 7 th May	1pm-3pm	4	Free	Shop link not yet live. To book please email learninginlibraries@hants.gov.uk
Introduction to Paediatric First Aid	Friday 7 th May	10am-12pm	4	Free	tinyurl.com/23wa7ckv