

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Manchester Mind Advice Drop In (For people with mental health & Manchester residents only) 11:00am – 2:00pm Free	Smart Recovery Life Line (C.R.I) 10:00am – 12:00pm Free	ASHA Drop - in (Asylum Support Housing Advice) 9:00am – 5:00pm Free	ASHA Drop - in (Asylum Support Housing Advice) 9:00am – 5:00pm Free	Asthtanga Yoga 12:00pm – 1:30pm Price: £5.00	Flex it @ 50 10.15 – 11.15 £3.00
RAMP (Reduction and Abstinence Motivation Programme) 12.00pm – 4:00pm (by referral) Free	Welfare Reform Drop In 10am – 12pm Free (First come, first served)	Citizens Advice Bureau Tel: 0161 204 1759 (Ring to make appointment) Free	Narcotics Anonymous Meditation: 1:00pm – 1:30pm Meeting: 1:45pm – 2:45pm Free	RAMP (Reduction and Abstinence Motivation Prog) (By referral) 1.00 – 3.00pm Free	
Massage therapies: Neck, back & shoulders/reikei/full body 11am – 4pm £5 unwaged £10 waged	e-therapy 3:00pm – 8:00pm Free	Massage: Reflexology/Neck, back & shoulder/Reiki: 10:00am – 1:30 pm £5 unwaged/£10 waged	Soca Aerobics Afternoon Workout 12.00 – 1.00pm Waged: £5.00 Student: £4.50 Benefits: £3.00	Qigong 4:00pm – 5:30pm £3 per session	
	S.H.A.R.E (Self Harm group) 6:00pm – 8:00pm Free				
Toddle Time 1:00pm – 2:30pm Free	Fathers Against Violence 6:00pm – 8:00pm Free	Anxiety group drop in 1:00pm – 3:00pm Free Depression group drop in 3:00pm – 5:00pm Free	Manchester Mind Mental Health Advice Drop In (For people with mental health & Manchester residents only) Free 1pm - 4pm First come, first served		
	Asthtanga Yoga 6.30pm – 7.30pm Price: £5.00 waged £3.50 unwaged First session free		Asthtanga Yoga 5:30pm – 7:00pm Price: £5		
			e-therapy 3:00pm – 8pm Free		

Monday	Tuesday	Wednesday	Thursday	Friday
Sugar Group (diabetic support group) 1:00pm – 3:00pm Price: £2.00	Welfare Reform sign posting 10am – 12pm Free Flex It @ 50 12:00pm – 1:00pm Price: £3	Pilates 10.00 – 11.00 £4.00 Danielle 07511 354 745	Zumba Gold (for active older people) 10:00am – 11.00am Price: £3	NUDGE Acupuncture 9.00am – 2.00pm (appointments only) Prices vary Penny Kay 07932 678 790
Narcotics Anonymous 12:30pm – 2:00pm Free	Soca Aerobics (Women's only) 6:30pm – 7:45pm Waged: £5.00/Unwaged: £3.50 Members: £4.50 Esther Clarke Tel: 0161 232 4757	Peoples First art group 1:00pm – 3:00pm Free Tel: 0161 235 6900	NUDGE Acupuncture 12.00pm – 6.00pm (appointments only) Prices vary Penny Kay 07932 678 790	
Reflexology/Indian Head Massage 1:00pm – 4:00pm (appointments only) Price: £10 per session	Homeopathy One to one Times vary Price: £10 per session		Body massage/Indian Head Massage 11:30am – 6:00pm (appointments only) Price: £10 per session	
Manchester community Qigong group Beginners: 4:00pm – 5:00pm Intermediate 5:00pm – 6:00pm Price: £3 donation Rae Story raestorywork@yahoo.co.uk	Homeopathy drop in clinic 6:00pm – 8:00pm Price: £10 per person		Allergies Group 6pm – 7:45pm First Thursday of the month Free	
	Social Phobia 7:00pm – 9:00pm Free		Lyengar Yoga 6:30pm – 7:45pm Price: £4 Rita Tel: 07791 842624	