








# UPCOMING EVENTS IMPACT READING

# IMPACT CALENDAR

AUG 2023

IMPACT  
WORKING

MON TUE WED THUR FRI SAT SUN

31	1	2  1PM	3	4	5	6
7	8	9  1PM	10	11	12	13
14	15	16  1PM	17	18	19	20
21	22	23  1PM	24	25	26	27
28	29	30  1PM	31	1	2	3



## YOGA CLASS

August: EVERY WEDNESDAY

1pm - 1.45pm (Yoga Studio)








Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing.

Claim your spot to attend a free class alongside 11 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the experience!

BOOK NOW - Tap on your chosen 'Impact Calendar' event to let us know you're in!

# IMPACT CALENDAR

SEPT 2023

MON	TUE	WED	THUR	FRI	SAT	SUN
28	29	30 	31	1	2	3
4	5	1PM 6 	7	8	9	10
11	12	1PM 13 	14 	15	16	17
18	19	1PM 20 	12:30PM 21	22	23	24
25	26	1PM 27 	28 	29	30	1
		1PM	10AM			

## IMPACT WORKING



### YOGA CLASS

September: EVERY WEDNESDAY

1pm - 1.45pm (Yoga Studio)

Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing.

Claim your spot to attend a free class alongside 11 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the experience!



### LUNCH SOCIAL

September: Thursday 14th

12:30pm (Large Breakout Area)

Back by popular demand - Pizzas from Veenos!



### MACMILLAN COFFEE MORNING

September: Thursday 28th

10:30am (Large Breakout Area)








Please join us for the 'World's Biggest Coffee Morning' for Macmillan Cancer Support.

BOOK NOW - Tap on your chosen 'Impact Calendar' event to let us know you're in!

# IMPACT CALENDAR

OCTOBER 2023

IMPACT  
WORKING

MON	TUE	WED	THUR	FRI	SAT	SUN
2	3	4  1PM	5	6	7	8
9	10 	11  1PM	12	13	14	15
16  10AM	17	18  1PM	19	20	21	22
23	24	25  1PM	26	27	28	29
30	31	1  1PM	2	3	4	5



## YOGA CLASS

October: EVERY WEDNESDAY

1pm - 1.45pm (Yoga Studio)

Stretch it out on the mat, learn different breathing techniques and boost your physical and mental wellbeing.

Claim your spot to attend a free class alongside 9 other yogis. Unprepared? Don't worry, we've got all the accessories you need to get fully immersed in the experience!



## BREAKFAST SOCIAL

October: Monday 16th

10am (Large Breakout Area)

Freshly baked pastries from local Wolseley Street Bakery.

## DATES FOR YOUR DIARY:



## WORLD MENTAL HEALTH DAY

Tuesday 10th October

BOOK NOW - Tap on your chosen 'Impact Calendar' event to let us know you're in!