

Meeting Places

July - September 2026



Forthcoming Group Itinerary

Every Tuesday 11am - 1pm

(Please arrive no earlier than 10 minutes before the meeting start times)

14th July

21st July

28th July

4th Aug

11th Aug

18th Aug

25th Aug

1st Sept

Games

A Craft Activity

Preparing a Compliments Envelope

Practising Self Compassion

Sound bath meditation/breathwork

Making a Detergent Workshop

Picnic in the Park

Speed Friending

WARE WELLBEING CENTRE

14 New Road,

Ware, Herts, SG12 7BS

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