

**Safe, Well, Happy**

Working together to make communities   
 better for people with learning disabilities

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|  | **Yoga with Libby on Zoom** |
|  | Libby is going to do some yoga sessions on Zoom for us.  These will be between 10.00 am and 11.00 am on the following dates: |
| [This Photo](http://www.pngall.com/calendar-png) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/) | * Thursday 4th March * Thursday 18th March * Thursday 1st April * Thursday 15th April |

If you want to join in with this session you will need to send me your email address so that you can be sent a link to the session. I will need to send the link to Libby. Libby will not use your email address for any other reason or share it with anyone else.

If you are happy with this please send your email address to [jane.parr@me.com](mailto:jane.parr@me.com) and we will send you the link a couple of days before the session.

Find us on Facebook – search SafeWellHappy

If you have any questions you can give me a ring on 07956604842