

What's On at Greenway...

Mondays

- Women's Mental Health & Wellbeing Programme* (9.30am-1.30pm)
- The Woolpackers (10.30am-12.30pm)

Tuesdays

- Women's Empowerment Programme* (9.30am-1.30pm)
- Recycled Teenagers (11am-1pm)

Wednesdays

- Women's Empowerment Programme* (9.30am-1.30pm)
- Strength & Balance Fitness Class (10am-11am)
- Yoga Class (11.30am-12.30pm)
- UC Benefits Advice Sessions (10am-12pm) **21/10/26**

Thursdays

- Women's Mental Health & Wellbeing Programme* (9.30am-1.30pm)
- Little Bit Crafty (10am-12pm)

Fridays

- Women's Empowerment Programme* (9.30am-1.30pm)

*Criteria Apply

To register for classes please contact Helen Smyth:
T: 028 9079 9912 **E:** training@greenwaywomenscentre.org



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