

# Macmillan Information Centre

## What's on? A month-by-month guide for 2023

<b>January</b>		Talk and walk	Men's exercise	Mama B's pamper day
<b>February</b>	Your Voice Matters forum 8 February	HOPE 23 February - 30 March	Men's exercise	Mama B's pamper day
<b>March</b>	Dream On pamper day 13 March	HOPE 23 February - 30 March	Men's exercise	Mama B's pamper day
<b>April</b>	Easter creative workshop 3rd & 5th April	Mindful movements	Men's exercise	Mama B's pamper day
<b>May</b>	Your Voice Matters forum 19 May	Mindful photography 8th & 11th May	Men's exercise	Mama B's pamper day
<b>June</b>	HOPE 8 June - 13 July	Botanical watercolours 12th may sketchbook Stroll 15th June- watercolour stroll June 23rd - Art Therapies	Men's exercise Mindful movements	Mama B's pamper day
<b>July</b>	Fatigue and breathlessness workshop	Mindful Movements	Men's exercise	Mama B's pamper day
<b>August</b>	Summer creative workshop	Mindful Movements	Men's exercise	Mama B's pamper day
<b>September</b>	HOPE 21 September - 29 October	Macmillan coffee morning	Men's exercise	Mama B's pamper day
<b>October</b>	HOPE 21 September - 29 October	Mindful Movements	Men's exercise	Mama B's pamper day
<b>November</b>		Mindful Movements	Men's exercise	Mama B's pamper day
<b>December</b>	Creative workshop w/c 4 December	Mindful Movements	Men's exercise	Mama B's pamper day