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Date/Time	Monday 12.02.2024	Tuesday 13.02.2024	Wednesday 14.02.2024	Thursday 15.02.2024
Session Opening 9:30am-10am				
Session 1 10am-11am				
Session 2 11:30am - 12:30pm				
Lunchtime Activity 1pm - 1:20pm	Gratitude practice with Jeanette	Yoga	Mindfulness with Melissa	Trivia with Adam
Session 3 1:30pm - 2:30pm				
Session Close 2:30pm - 3pm				