

The Wellbeing Group



This friendly and welcoming Wellbeing Group is on the ground floor (wheelchair accessible space) at The Stress Project. Spaces are limited so booking is essential.

About this Activity

The Group is currently offering gardening sessions come and join us to get ready for Spring.

Sessions sowing from the seed herb garden.

Join us for weekly relaxation sessions

Ear acupuncture, Light yoga and creative art.


Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road Entrance through The garden gate on Annette Road. ground floor with partial wheelchair adaptation Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393 Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see www.arsenal.com). One hour free parking on Holloway Road in bays Two hour free parking in Waitrose car park for customers Two hour pay and display parking bays on Loraine Road and Hornsey Road All

 Date

Every Tuesday

**Tue,
31st Oct
2023**

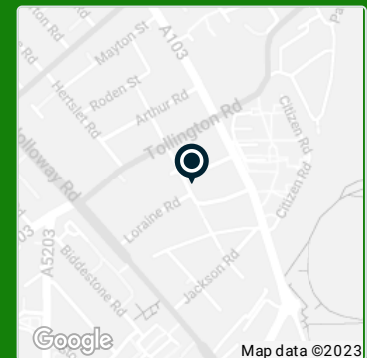
 10:30am - 12:00pm

 Price

Free

 In-Person

**Stress Project Therapy
Centre
2 Shelburne Road,
London
N7 6DL**



day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

