January Wellness Calendar 2024

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | SOME USEFUL LINKS:[parkrun](https://www.parkrun.org.uk/) [Move More](https://www.darlington.gov.uk/leisure-and-culture/healthy-darlington/move-more/) NHS Eat Well[Join or start a group in Darlington](https://www.meetup.com/cities/gb/dl3_0jb/) [www.darlington.gov.uk/your-council/events/clubs-and-societies/](https://www.darlington.gov.uk/your-council/events/clubs-and-societies/) [www.healthy-darlington whats-on](https://www.darlington.gov.uk/leisure-and-culture/healthy-darlington/whats-on/) / [North East Skinny Dip | Facebook](https://www.facebook.com/northeastskinnydip/) |