

The Yoga, Exercise and Physio take place every week – any dates where they are not being held are mentioned in the diary. Please email [ms-stratford@hotmail.co.uk](mailto:ms-stratford@hotmail.co.uk) to register before attending your first session.

Every Monday	2.00pm	Yoga for people with MS	Friends Meeting House, 37 Maidenhead Road, Stratford-upon-Avon, CV37 6XT
Every Friday	11.30am	Group Physiotherapy	Stratford Leisure Centre, Bridgefoot, Stratford-upon-Avon, CV37 6YY
Every Friday	12.20pm	Group Exercise	Stratford Leisure Centre, Bridgefoot, Stratford-upon-Avon, CV37 6YY

### July 2014

Wed 2	11.00am	Garden Centre Meeting	Stratford Garden Centre, Mickleton Road, Clifford Chambers, CV37 8LW
Thurs 10	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Wed 16	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Tues 25	10.30am	Shipston Drop In	George Hotel, Shipston

### August 2014

Thurs 14	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Wed 20	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Tues 26	10.30am	Shipston Drop In	George Hotel, Shipston

### September 2014

Thurs 11	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Sat 13		Morrison's Collection	Volunteers required
Wed 17	10.30am	Stratford Drop In	St Andrew's Parish Centre, Church Lane, Shottery, CV37 9HQ
Tues 23	10.30am	Shipston Drop In	George Hotel, Shipston

**October 2014**

Sat 4	All Day	Therapy Day	Bearley Village Hall
Thurs 9	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Wed 15	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Tues 28	10.30am	Shipston Drop In	George Hotel, Shipston

**November 2014**

Wed 12	11.00am	Garden Centre Meeting	Stratford Garden Centre, Mickleton Road, Clifford Chambers, CV37 8LW
Thurs 13	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Wed 19	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Tues 25	10.30am	Shipston Drop In	George Hotel, Shipston

**December 2014**

Sat 6		Research Talk	MS West Midlands event: details to follow
Sun 14	12.30pm	Festive Lunch	Bistrot Pierre, Swan's Nest Hotel, Bridgefoot, Stratford
Thurs 11	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Wed 17	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Tues 23	10.30am	Shipston Drop In	George Hotel, Shipston

**January 2015 and throughtout the year**

Second Thursday	11.00am	Alcester Drop In	Holly Bush Inn, Alcester
Third Wednesday	10.30am	Stratford Drop In	Stratford Artshouse (formerly Civic Hall)
Fourth Tuesday	10.30am	Shipston Drop In	George Hotel, Shipston