



**Rugby Vision Support Centre
Rugby Baptist Church, Regent Place, Rugby, CV21 2PJ**

Every WEDNESDAY from 9:30 - 11:30 am

SEPTEMBER:

2nd September	Seated Exercise with Phil
9th September	Social Session
16th September	Equipment Demo: Talking Air Fryer & Microwave
23rd September	Additional Social Session
30th September	Speaker: Sam from Health Exchange

OCTOBER:

4th October	Activity: October Quiz
11th October	Social Session
18th October	Equipment Demo: by request
25th October	Speaker: Judith Missenden from The Macular Society