

Sample Take 5 steps to wellbeing Community Calendar

Complete this template to share the opportunities available in your community, colour coded to the Take 5 elements. This is an example; other versions can be found at: www.makinglifebettertogether.com



Connect



Keep learning



Be active



Take notice



Give

Walking Group
Every Saturday
10am at ABC Park

Volunteers Needed
for Family Day
Contact Julie on
0800 12345

Youth Club
ABC Youth Centre
7-10pm every Friday
and Saturday

Arts and Crafts
exhibition
ABC community
arts centre
9am-9pm daily

IT classes
Full menu of free
courses available
0800 56789