



# *Pondero*

## *Pilates for the Mind*

*Pondero* is a series of interesting and wide-ranging talks that are held locally and during the day. Like you would keep fit with weekly classes, also keep your knowledge up to date. *Pondero* talks provide a chance to meet new people in an informal setting and cover a wide range of topics:

**Wednesday 12th September    The Impact of China's actions on UK Recycling**

**Wednesday 19th September    "Busyness"**

**Saturday 22nd September        Plant Tour: Energy Recovery from Waste**

**Wednesday 26th September    Personal Branding**

**Wednesday 3rd October         The Psychology of Grief**

**Wednesday 10th October       Sand Dams: Whole community solutions to water poverty**

**Wednesday 31st October        Exploring the Deep Oceans of our Blue Planet**

**Wednesday 7th November       tbc**

**Wednesday 14th November    Fight to Live, Live to Fight**

### **Talk, Discussion and Coffee**

Wednesday mornings 11am – 12.15pm  
Park House, Dolphin Hill, Twyford SO21 1PU

The cost is £90 for the whole series, £15per talk for 2-3 talks or £20 per talk.  
Sign up in advance. It is possible to join mid-series.

Please email Ronnie at  
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