



# *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:

<b>Wednesday 16th January</b>	<b>Is Merchant Shipping the World's most vital industry?</b>
<b>Wednesday 23rd January</b>	<b>Brain Development</b>
<b>Wednesday 30th January</b>	<b>Managing Risks in the NHS</b>
<b>Wednesday 6th February</b>	<b>Just Crazy Enough</b>
<b>Wednesday 13th February</b>	<b>Digital Skills at University and Beyond</b>
<b>HALF TERM BREAK</b>	
<b>Wednesday 27th February</b>	<b>A History of Nuclear Engineering</b>
<b>Wednesday 6th March</b>	<b>tbc</b>
<b>Wednesday 13th March</b>	<b>Psychological Resilience – Coping with life</b>

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

Wednesday mornings 11am – 12.30pm  
The Meeting Room, Twyford Dental Practice SO21 1PT

The cost is £80 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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