



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 1st May	Energy, Climate Change and Me
Wednesday 8th May	Ending Water Poverty
Wednesday 22nd May	What Am I Feeling?
Wednesday 5th June	The Menopause

Talk, Discussion and Coffee

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

The cost is £40 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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