

VOUS AVEZ 55 ANS ET PLUS ?

# Les ateliers prévention santé\*

\*Mémoire / Mémoire en mouvement  
Nutrition / Gym Douce / Sophrologie

06 63 38 15 53



## MARCŒUIL

## JANVIER

|     |    |                                                                                     |
|-----|----|-------------------------------------------------------------------------------------|
| VEN | 1  |                                                                                     |
| SAM | 2  |                                                                                     |
| DIM | 3  |                                                                                     |
| LUN | 4  |    |
| MAR | 5  |                                                                                     |
| MER | 6  |                                                                                     |
| JEU | 7  |                                                                                     |
| VEN | 8  |                                                                                     |
| SAM | 9  |                                                                                     |
| DIM | 10 |                                                                                     |
| LUN | 11 |    |
| MAR | 12 |                                                                                     |
| MER | 13 |                                                                                     |
| JEU | 14 |                                                                                     |
| VEN | 15 |                                                                                     |
| SAM | 16 |                                                                                     |
| DIM | 17 |                                                                                     |
| LUN | 18 |    |
| MAR | 19 |                                                                                     |
| MER | 20 |                                                                                     |
| JEU | 21 |                                                                                     |
| VEN | 22 |                                                                                     |
| SAM | 23 |                                                                                     |
| DIM | 24 |                                                                                     |
| LUN | 25 |  |
| MAR | 26 |                                                                                     |
| MER | 27 |                                                                                     |
| JEU | 28 |                                                                                     |
| VEN | 29 |                                                                                     |
| SAM | 30 |                                                                                     |
| DIM | 31 |                                                                                     |

## FÉVRIER

|     |    |                                                                                   |
|-----|----|-----------------------------------------------------------------------------------|
| LUN | 1  |  |
| MAR | 2  |                                                                                   |
| MER | 3  |                                                                                   |
| JEU | 4  |                                                                                   |
| VEN | 5  |                                                                                   |
| SAM | 6  |                                                                                   |
| DIM | 7  |                                                                                   |
| LUN | 8  |  |
| MAR | 9  |                                                                                   |
| MER | 10 |                                                                                   |
| JEU | 11 |                                                                                   |
| VEN | 12 |                                                                                   |
| SAM | 13 |                                                                                   |
| DIM | 14 |                                                                                   |
| LUN | 15 |  |
| MAR | 16 |                                                                                   |
| MER | 17 |                                                                                   |
| JEU | 18 |                                                                                   |
| VEN | 19 |                                                                                   |
| SAM | 20 |                                                                                   |
| DIM | 21 |                                                                                   |
| LUN | 22 |                                                                                   |
| MAR | 23 |                                                                                   |
| MER | 24 |                                                                                   |
| JEU | 25 |                                                                                   |
| VEN | 26 |                                                                                   |
| SAM | 27 |                                                                                   |
| DIM | 28 |                                                                                   |

## MARS

|     |    |                                                                                     |
|-----|----|-------------------------------------------------------------------------------------|
| LUN | 1  |                                                                                     |
| MAR | 2  |                                                                                     |
| MER | 3  |                                                                                     |
| JEU | 4  |                                                                                     |
| VEN | 5  |                                                                                     |
| SAM | 6  |                                                                                     |
| DIM | 7  |                                                                                     |
| LUN | 8  |    |
| MAR | 9  |                                                                                     |
| MER | 10 |                                                                                     |
| JEU | 11 |                                                                                     |
| VEN | 12 |                                                                                     |
| SAM | 13 |                                                                                     |
| DIM | 14 |                                                                                     |
| LUN | 15 |    |
| MAR | 16 |                                                                                     |
| MER | 17 |                                                                                     |
| JEU | 18 |                                                                                     |
| VEN | 19 |                                                                                     |
| SAM | 20 |                                                                                     |
| DIM | 21 |                                                                                     |
| LUN | 22 |  |
| MAR | 23 |                                                                                     |
| MER | 24 |                                                                                     |
| JEU | 25 |                                                                                     |
| VEN | 26 |                                                                                     |
| SAM | 27 |                                                                                     |
| DIM | 28 |                                                                                     |
| LUN | 29 |                                                                                     |
| MAR | 30 |                                                                                     |
| MER | 31 |                                                                                     |

## AVRIL

|     |    |                                                                                    |
|-----|----|------------------------------------------------------------------------------------|
| JEU | 1  |                                                                                    |
| VEN | 2  |                                                                                    |
| SAM | 3  |                                                                                    |
| DIM | 4  |                                                                                    |
| LUN | 5  |  |
| MAR | 6  |                                                                                    |
| MER | 7  |                                                                                    |
| JEU | 8  |                                                                                    |
| VEN | 9  |                                                                                    |
| SAM | 10 |                                                                                    |
| DIM | 11 |                                                                                    |
| LUN | 12 |  |
| MAR | 13 |                                                                                    |
| MER | 14 |                                                                                    |
| JEU | 15 |                                                                                    |
| VEN | 16 |                                                                                    |
| SAM | 17 |                                                                                    |
| DIM | 18 |                                                                                    |
| LUN | 19 |                                                                                    |
| MAR | 20 |                                                                                    |
| MER | 21 |                                                                                    |
| JEU | 22 |                                                                                    |
| VEN | 23 |                                                                                    |
| SAM | 24 |                                                                                    |
| DIM | 25 |                                                                                    |
| LUN | 26 |                                                                                    |
| MAR | 27 |                                                                                    |
| MER | 28 |                                                                                    |
| JEU | 29 |                                                                                    |
| VEN | 30 |                                                                                    |

## MAI

|     |    |                                                                                       |
|-----|----|---------------------------------------------------------------------------------------|
| SAM | 1  |                                                                                       |
| DIM | 2  |                                                                                       |
| LUN | 3  |    |
| MAR | 4  |                                                                                       |
| MER | 5  |                                                                                       |
| JEU | 6  |                                                                                       |
| VEN | 7  |                                                                                       |
| SAM | 8  |                                                                                       |
| DIM | 9  |                                                                                       |
| LUN | 10 |    |
| MAR | 11 |                                                                                       |
| MER | 12 |                                                                                       |
| JEU | 13 |                                                                                       |
| VEN | 14 |                                                                                       |
| SAM | 15 |                                                                                       |
| DIM | 16 |                                                                                       |
| LUN | 17 |                                                                                       |
| MAR | 18 |                                                                                       |
| MER | 19 |                                                                                       |
| JEU | 20 |                                                                                       |
| VEN | 21 |                                                                                       |
| SAM | 22 |                                                                                       |
| DIM | 23 |                                                                                       |
| LUN | 24 |  |
| MAR | 25 |                                                                                       |
| MER | 26 |                                                                                       |
| JEU | 27 |                                                                                       |
| VEN | 28 |                                                                                       |
| SAM | 29 |                                                                                       |
| DIM | 30 |                                                                                       |
| LUN | 31 |  |

## JUIN

|     |    |                                                                                     |
|-----|----|-------------------------------------------------------------------------------------|
| MAR | 1  |                                                                                     |
| MER | 2  |                                                                                     |
| JEU | 3  |                                                                                     |
| VEN | 4  |                                                                                     |
| SAM | 5  |                                                                                     |
| DIM | 6  |                                                                                     |
| LUN | 7  |  |
| MAR | 8  |                                                                                     |
| MER | 9  |                                                                                     |
| JEU | 10 |                                                                                     |
| VEN | 11 |                                                                                     |
| SAM | 12 |                                                                                     |
| DIM | 13 |                                                                                     |
| LUN | 14 |  |
| MAR | 15 |                                                                                     |
| MER | 16 |                                                                                     |
| JEU | 17 |                                                                                     |
| VEN | 18 |                                                                                     |
| SAM | 19 |                                                                                     |
| DIM | 20 |                                                                                     |
| LUN | 21 |                                                                                     |
| MAR | 22 |                                                                                     |
| MER | 23 |                                                                                     |
| JEU | 24 |                                                                                     |
| VEN | 25 |                                                                                     |
| SAM | 26 |                                                                                     |
| DIM | 27 |                                                                                     |
| LUN | 28 |                                                                                     |
| MAR | 29 |                                                                                     |
| MER | 30 |                                                                                     |

## Des ateliers dans 17 communes

Acq / Anzin-Saint-Aubin / Athies / Beaumetz-les-Loges / Boisleux-au-Mont / Boisleux-Saint-Marc / Écurie  
Marœuil / Monchy-le-Preux / Mont-Saint-Éloi / Neuville-Saint-Vaast / Roclincourt / Sainte-Catherine  
Saint-Laurent-Blangy / Thélus / Tilloy-les-Mofflaines / Wailly



**MÉMOIRE EN MOUVEMENT** : Le lundi 13h30 à 14h30 dès le 4 janvier  
Espace associatif DOLTO - Hall Mère Teresa rue du Général Leclerc  
Intervenant Maison Sport Santé de l'Arrageois