

# HEALTHY GENERATIONS WEEK 2026

FREE • FUN • COMMUNITY WELLBEING

- UCL Pharmacy Year 1 student volunteers will be on site 10:00am–3:00pm each day
- Venue: Jean Stokes Community Centre, Coatbridge House, Carnoustie Drive, London N1 0DX
- How to take part: Drop in on the day. Places are limited by room capacity.



Day	Time	Session	Location	Facilitator /Lead
Monday 8 June	1:00–2:00 PM	Blood pressure and BMI checks	Main Hall	UCL Pharmacy Year 1 Faculty of Pharmacy students
Monday 8 June	2:00–3:00 PM	Strength and Stability	Main Hall	Sarah Jane
Tuesday 9 June	2:00–3:00 PM	Mindfulness – Gentle yoga flow	Large Meeting Room	Hugo
Wednesday 10 June	2:00–3:00 PM	Tai Chi	Learning Hub	Marco Wilson
Thursday 11 June	11:30–12:30PM	Digital inclusion	Large Meeting Room	Val Khulood
Friday 12 June	1:00–2:00 PM	Art Laboratory	Learning Hub	Val Khulood

For further information, please email:  
Jean Stokes Community Centre team  
[jeanstokescommunitycentre@islington.gov.uk](mailto:jeanstokescommunitycentre@islington.gov.uk)