

Programme - Wellbeing Day 2017, Saturday 18 March 2017, 11:00 – 19:00

Pimp Hall Nature Reserve, next to Chingford Recycling Centre, off Kings Road,
Chingford E4 7HR

No	Activity + target group	Time slot	Description
1.	Yoga (prevention of fall) for 60+	11:00 – 12:00	Connect mind and body, develop balance and grow your strength and flexibility in this simple Hatha yoga session for people over 60. Mats provided. Beginners welcome.
2.	Singing for all	12:00 – 12:45	Have you ever had the desire to express yourself more? Then this is the perfect session for you! Come and enjoy some deeply nourishing singing in a warm and welcoming atmosphere. Everyone welcome! No experience or music theory needed • All levels welcome • Perfect environment for complete beginners • All songs are taught by ear
3	Massage for mums (including pregnant women)	12:00 – 13:45	Gentle massage to give your body a much needed relief. 15 minute per slot for each mum. Appointment on the day.
4	Tai Chi & Laughter for girls and women	12:45 – 13:45	Get to know Tai Chi's tremendous health benefits and calm your mind in a friendly female only session with a good laugh! Please let us know if you have any access needs. Aged 11+. All levels are welcome.
5	Kickboxing for young people	13:45 – 14:45	Have a full-body workout and reduce your stress and frustration. Please let us know if you have any access needs. Aged 8+. All levels are welcome.
6	Chingford Gents Group	14:45 – 15:45	Natalie and Tom's Group aim is to research, consult with men, and come up with ideas for wellbeing activities locally: invited guest is Tom Dawson talking about Mens Sheds to be based at Friday Hall and an update on what needs to happen next.
7	Craft for family	15:45 – 17:00	Make lights and lanterns that glow in the dark. Later we use them for a glow walk in the Pimp Hall Nature Reserve when it is getting dark! We need lots of dads to join in and lend us more pairs of hands!
8	Seasonal Aromatic Herb Playtime	15:45 – 17:00	Crush a fresh herb and experience its aroma and draw it if you want to. Try a tea made from the same herb and learn about its medicinal uses. You are encouraged to touch, feel and smell it and look at simple features such as the stem and leaves and then maybe draw or crush or mount it onto paper? Other herbal products will also be available to try. Everyone welcome.
9	Tai Chi at Sunset	17:00 – 18:00	Flow like a cloud and work in harmony with the nature through Tai Chi. Everyone and all levels are welcome.
10	Glow Walk	18:00 – 19:00	Time to wind down and have a glow walk using the lights and lanterns we made earlier in the craft workshop. Everyone welcome.