

Ottery St Mary WellFest! Timetable of Activities

12 April 2019, 10am-2pm at Ottery St Mary Leisure Centre

	10am	10.30am	11am	11.30am	12noon	12.30pm	1pm	1.30pm
Foyer	<i>Welcome and register your interest in a guided tour of the gym</i>							
Sports Hall	<i>Information and advice stands, including complimentary therapy treatments, alcohol free mocktails and an art station</i>							
	<i>FREE tea, coffee and fruit station</i>							
	<i>Just Bowls, New Age Kurling, Boccia & Table Tennis</i>							
		<i>OSM Hand Bell Ringers</i>		<i>Live music: Bit of Rough Folk Band</i>			<i>Live music: Bit of Rough Folk Band</i>	<i>Evaluations & Raffle</i>
Balcony Studio						<i>Gentle Spinning</i>		<i>Gentle Spinning</i>
Dance Studio			<i>Pilates</i>	<i>Pilates</i>		<i>Talk: Local Social Prescribing</i>		<i>Seated Exercise Session</i>
Synthetic Pitch	<i>Archery, Walking Netball, Walking Football, Walking Rugby, Rush Hockey</i>							
Outdoors		<i>Walking for Health</i>				<i>Gentle Jog</i>		

[Times subject to change on the day]

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