

Saturday 29th September

10am - 4pm

Stratford College, The Willows North, Alcester Road
Stratford-upon-Avon CV37 9QR

engage

Making the Most of Life from 50 to 100+!

INFORMATION DAY!

90 stands plus TALKS & WORKSHOPS

TALKS

Nourishing the Mind: 5 Ways to Wellbeing	10.30 -11.15
<i>Power of Attorney: The Facts</i>	11.00 -11.30
Care Entitlement	11.30 -12.00
<i>Looking after Stratford and its Wildlife</i>	11.30 -12.00
Will Writing: Peace of Mind	12.00 -12.30
<i>101 Ways to Enjoy Getting Older!</i>	12.30 -13.00
How to Combat Cyber Crime	13.00 -13.30
<i>The Benefits of Creative & Pet Therapy</i>	13.30 -14.00
Introduction to Bee Keeping	14.00 -14.30
<i>Lifelong Learning</i>	14.30 -15.00

WORKSHOPS

Bhangra Burn	10.00 -10.30
<i>Tai Chi Taster</i>	10.30 -11.00
Laughter Yoga	11.00 -11.30
<i>Ukulele for U</i>	11.30 -12.00
Zumba Gold	12.00 -12.30
<i>Pilates for Bone Health</i>	12.30 -13.00
Mindfulness: The Mind at Peace?	13.00 -13.30
<i>Seated Tai Chi</i>	13.30 -14.00
Drumming: SunnySideSamba	14.00 -14.30
<i>Sign Language for Beginners</i>	14.30 -15.00
SOSA Dance: Fitness for Seniors	14.45 -15.15
<i>Morris Dancing</i>	15.00 -15.30

*Talks & Workshops that appear to clash
are held in separate rooms!*

For more information, call us on 01789 268701

email: engagefestival@outlook.com or visit website: www.engagefestival.org.uk



Love your Life ~ Engage!

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