Women's Wellbeing Day

After months of careful planning the day quickly arrived. The venue was perfect — Lynnsports Sandringham Suite all set up for us by the team there before we arrived. At 10 o clock on the dot all the stalls were set up and ready for the opening by The Mayor ClIr Barry Ayres .





As soon as the day was open the presentations commenced with Rose Waterman from Norfolk's Living Well Healthy Communities giving us a very interesting Dementia Friends Information Session.

This was followed by Amanda Murr giving us an update on Safeguarding in Norfolk and then Ghyslaine Clarke giving an insight into how to find motivation. The morning session was completed with Vanessa Scott showing how easy it is to prepare interesting and wholesome food. The recipes are on our website http://sigbi.org/kings-lynn/womens-wellbeing-day/recipes/

The afternoon gave us a Pilates session with Elke Martin with the day rounded off by Edwin Salter showing us how to move well.





Whilst the presentations were taking place taster sessions including health MOT's were underway. The first customer being The Mayor Cllr Barry Ayres.



There were also plenty of stalls to look around with the stallholders happy to talk about their organisations and services.



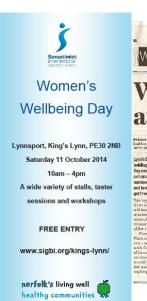


Throughout the day there were taster sessions with reflexology, reiki, Indian head massage as well as pedicures and manicures and of course not forgetting the smoothie bike!



The day was a great success thanks to all the support from everyone including the planning team, presenters, taster session providers, stallholders, SI Kings Lynn members, local press and not forgetting everyone who came along to join in with the day.

Mary Plant - co-ordinator for the day





In the morning starting at 10.15 free of charge Dementia Friends Information Session Rose Waterman
Safeguarding in Norfolk – Amanda Murr
Finding Motivation - Ghyslaine Clarke, MBACP
Cookery demonstration - Vanessa Scott All Day - Reduced charges will apply

Saturday 11 October 2014 Sandringham Suite

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