

## 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 Cllr 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.

