



Knowle Library Health Week

Would you like to make 2017 a healthier year?

Then come along to Knowle Library's Health Week Monday 27 February to Saturday 4 March and get involved with some free taster sessions and workshops to help you on your way to achieving a better lifestyle and improving your physical and mental well-being

Monday 27 February

- 10:30am to 12pm:** Balanced Life Acupuncture Talk: Providing information on the history and healing benefits of acupuncture
- 1pm to 3pm:** Energy Healing: Promotes healing by enhancing energy flow and correcting disturbances in chi flow Taster sessions (book a place)

Tuesday 28 February Charity Day

- 10am to 1pm:** RNIB, Stroke Survivors, Age UK, Macmillan Cancer, Shared Lives, Solihull Carers will offer advice (Opportunity donate to charity)
- 10am to 12pm:** Mind Charity: Ecotherapy session
- 2pm to 3pm:** A visit from Dementia UK to provide information and advice for carers and sufferers

Wednesday 1 March

- 10am to 1pm:** Taster session for Indian Head Massage and Reflexology (book a place)
- 10am to 1pm:** Taster session for Access Bar Therapy: Release emotional stress through head energy therapy (book a place)
- 11am to 11:45pm:** Yoga for Stress (all adults welcome but must be mobile) a relaxing beginners class utilizing yoga for mindful healing (book a place)
- 12:15pm to 1pm:** Beginners Pilates (all adults welcome but must be mobile) to showcase benefits (book a place)

Contact a member of staff for more details

Knowle Library
High Street, Knowle, Solihull,
B93 0LL
Tel:01564 775840



Please view overleaf for remaining events



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Thursday 2 March

10:30am to 12pm: Granny Knows Best: A fun cooking session

(Run by celebrated chef and nutritionist Isabella Natrin) showcasing how food can be used to heal (book a place)

10:00am to 2pm: Health Exchange will offer check-ups and health information, along with a smoothie bike

11am to 2pm: Knowle and Dorridge Runners Group: meet at Knowle Library to commence run

10am to 5pm: Knowle and Dorridge Runners Group: Information and advice

3:30pm to 5pm: Alexander Technique Workshop (book a place)

Friday 3 March

10am to 12pm: Hendrickson Method Taster Session: An advanced system of orthopaedic therapy that brings together a combination of energy therapy, massage & mobilization for pain healing (book a place)

12:30pm to 3pm: Hypnotherapy: A taster session in how hypnotherapy can aid in relaxation (book a place)

Saturday 4 March

11:00am to 11:45am: YogaBugs Taster Session: Introduction in Yoga for 3-8 year olds (book a place)

1pm to 2pm: Mindfulness: A workshop in mind clarification and emotional balance (book a place)



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