What's Planned

Gallery - Talks

- **11:00am - Cheah Hui Tan - So Healthy Wellness Centre** - Injuries and Recovery / Chiropractor care can help restore balance allowing the body to heal
- **11:45pm - Tilly Martin - Reflexology**
- **12:00pm - Professor Hardman - Emeritus Professor Loughborough University** - Author 'Physical activity and health'. The benefits of even a modest amount of activity
- **1:15pm - July Styles - Train with Sculpt** - Resistance training and more
- **2:00pm - Dr Amanda Smith - Peak MPST** - Menopause inc. bone health

Brunel – Information stands 11am-3pm

- **Sole Mates - Running Group**
- **So Healthy Wellness Centre - Chiropractor**
- **Live Life Better Derbyshire - Blood pressure/BMI and more**
- **Panel of ski instructors – alpine, telemark, cross country**
- **MAKE – Craftwork**
- **Train and Sculpt**
- **Fairtrade**
- **Derbyshire Federation of Mental Health**
- **AC Yoga**
- **Gentle Reflexology**
- **Allotment holders**
- **Where to go walking and cycling (11am-12pm & 2pm-3pm)**
- **Matlock Bus Users**
- **Table Tennis – Have a go!**

Library

- **11:00am – Mark Gwynne Jones (talk) – The Whitworth, local history, Voices from the Peak and more!**
- **12:15pm – Reflexology free group session**
- **1:00pm – Booked Reflexology session**

Ballroom – some demos some trying it!

- **11:00am – Yoga**
- **11:40am – Live Stronger for Longer**
- **12:00pm – Chair Based Dancing for Health**
- **12:20pm – Zumba Gold**
- **12:45pm – Morris dancing**
- **1:30pm – Pilates**
- **2:00pm – Mark Gwynne Jones (talk) – The Whitworth, local history, Voices from the Peak and more!**

Terrace Café

- **12:30pm – Irish music**
- **2pm onwards more Irish music at the Square & Compass**

Outside – weather permitting

- **11:00am to 3:00pm – For children – Climbing Wall with Acclimbatize**