

# BRENTWOOD health

Family Fun Day  
30th May Weald Park  
11 - 4pm

Healthy High St Day  
29th May 10 - 4pm

# Week

**Events timetable for Saturday 29th May**

Buggy Fit Class	11 a m
Kayzar Dance Demonstration	12pm
Free Treasure Hunt	11 - 4pm
Park Fit Demonstration	1 p m
Body Attack Session	1.30pm
Falls Prevention Class (Library)	1.30pm
Body Pump Session	2.15pm
The Street Team Demonstration	2.30pm

**Events timetable for Sunday 30th May**

Geo Cash Treasure Hunt	11-4pm
Kayzar Dance Demonstration	12pm
Free Park Fit Session	1pm
Free Buggy Fit Walk	1:15pm

Brentwood Leisure Trust	Change 4 Life Team
Children Centre & NCT	Essex Youth Bus
Arts & Crafts	Brentwood Library
Chelsea's Goal Shootout	Memory Service
The Street Team	Ransom Fitness
Kayzar Dance	Links
Geo Cash Treasure Hunt	Adult Community
Kite making with	Learning
Essex Country Parks	Essex Road Safety
Vitality Bus	Trail Net Bike Fitness
Anchor "Staying Put"	Smoothie Bike
free prize draw	Alzheimers Association

- Inflatables
  - Zorbing
  - Kite Flying
  - Tug of War
  - Grass Skis
  - Goal Shoot Out
  - Healthy Food
  - Youth Bus
  - Trail net bike hire
  - Smoothie bike
  - Free Cash Treasure Hunt
- \* Small charges will apply to some activities

