SAT 10th OCT BRISTOL 2015 LabSpace

All day drop in.....

11am Goodgym starts a run bring suitable running shoes

Oi Gong Janice Rossiter 11.30am

Flagged Up, a walk to the Chew Magna Common to Stoke Park 11,30am Living Streets create a walking nation Kelly Theis 11.30am

Living Streets create a walking nation Kelly Theis

Mental Health Day talk in the Big Green Chair.

Goodgym Stretch and warm down after run

1.pm Make Warm Homes Demo Dave Tudgey, Bristol Energy

Engaged Yoga Yogasara

the Big Green Chair Talk Wake up World Walk 2pm Make your street a place to play-Playing out in Bristol 1.30pm Engaged Yoga Yogasara

Hour of Power Engaging Demo

Make vour street a place to play-playing out in Bristol

Ian Barrett - Sustrans talks in the Big Green Chair on the Good Transport Plan

3.30pm PatricBulmer-Bristol Water 3.30pm PatricBulmer-Bristol Water 3.30pm Body talk Engaging Demo

Engaging Demo

4.30pm Ninja Calm Flashmob meditation

Also during the day

Heal2 Health Make your own smoothies using our pedal power with the Energy Champions Make your own smoothies using our pedal power with the Energy Champions

Song Raids Festival of Song

Tasters Reflexology

MON 12th OCT SUN 11th OCT BRISTOL 2015 Lab Space

Harbourside

10am-4pm

12noon

Sustainability

12noon Harbourside Netwalk

Mindfulness Demo

Deasy Ramford talks in

Choose 2 flourish

2.30pm

4,30pm Engaging Demo

Big Green Chair Talk

Fun dance for all the

family Heal2Health

Rig Green Chair Talk

Also during the day.....

BRISTOL

2015 EUROPEAN CAPITAL

Massage tasters

discussing themes on

Squash Season

11am

All day drop in

Big Green Bristol Virtual

Sponsored Walk-Launch

Community Farmer Day

Samuel Willitts - University

Hospitals Bristol talks in the

Big Green Chair on NHS and

health, wellbeing & walking.

event with 500more

9am - 5.30pm Bristol New Fronomy Summit 2015 At-Bristol

11.30am -1.30pm Kitchen on Prescription Healthy-eating cooken demonstration and tall impacts our health and wellheing. New Rooms

3pm-8pm Reflexology and Reiki Taster Sessions with Ivonne Reflexology at Beauty Standard.

6pm-7pm Poo-Power: Why Number Twosarea Number One priority GENECO Dealing with Waste Lab Space Harbourside.

6pm-8.30pm Naturally Healthy: why nature is good for our health & wellbeing West of England Nature Partnership. OpenSpace.

space

2pm-3,30pm CREATE Centre 3pm-8pm

Reflexology & Reiki Taster Sessions Ivonne Reflexology at Beauty Standard.

брт-7рт Free Yoga Class Yogasara Lab Space, Harbourside.

Approach to Cancer

6,30pm-8,30pm Behavioural happiness Course Chloe Foy from Yes

6.30pm-8.30pm Sectorand the Sustainability

7,30pm The Divine Paradox of Human Beings in Paradise) Composer Andy Sheppard with Festival of

WED 14th OCT

9.15am-4.30pm 8am-10.30am Netwalking women in Hidden Harm: Supporting Children & Young People husingss wellhoing strate gies for you & your business Brigstow Lounge BS1 5SY SubstanceMisuse,4YP

affected by Parent/Carer Gatehouse Centre, BS139JN

Health Walk with Hartdiffe Strollers Hartrliffe Health & Environment Action Group

10am-8pm Bristol Health Hub Cotham

10am - 2pm The BigGreen Scheme's Healthy City Week Event BRI Bristol Heart Institute Atrium

12noon-4pm HIV: Fiction and Facts AVP Terrence Higgins Trust Old Market, BS20BH

12.15pm-1.45pm Walk and talk and meet through feet! Walk for Health Bristol . Meet outside the Lab Space. Harbourside.

12.30-2pm Mindfulness for wellbeing Dr Alice Malpass Rm LG.03 Canynge Hall BS8 2PS

1.20nm-2.20nm Growing Support Golden Hill Community Garden in Horfield

брт-8рт Workplace Wellbeing Week Launch with our FRFF quide Promenade House Clifton

6pm-7pm Your Healthy Resilient Mind for High Performance & Sweet Success Rhian Sherrington Lab Space, Harbourside

Wealth through Health Bristol I aunch of Health Creation @ Work Dr Rosy

Can a Healthy City emerge from a Green Capital? Marcus Grant & BCC Healthy Urhan Team, OpenSpace

FRI 16th OCT

7.45am-10.30am Go Green Rusiness Breakfast 'Happy & Healthy 'at Ashton Gate Stadium Launch of Workplace Wellbeing Week FREE guide

Netwalk for Olderpreneurs Friendly Church healthy you, healthy business 40a Park St. Rristol, RS1, 51G Westbury Baptist Church 10am-2pm Make your money count

9,30am-2pm Developing a healthy indusive neighbourhood checklist SHINE (Supporting Haalthy Inclusive Noigh bourhood Environments). Bristol Health Partners' OpenSpace Growing Support Let's Grow Community

10am-2pm Green Impact Health Awards Launch Southmead Hospital

Information Stall

11am-1,30pm

Glous County Cricket Club

Kitchen on Prescription

Healthy-eating cookery

demonstration and talk

about why what we eat

impacts our health and

wellbeing. New Rooms.

Keeping warm & healthy

this winter. Centre for Sus-

1,30pm-4,30pm

11.30am -1.30pm

& Healthy Lunch 10am-8pm Bristol Health Hub Cotham Symes Community Centre 10am-2pm The Community Farm

Sporting Memories for older sports fans. Bristol Pavilion.

2pm-6pm Integrative Medicine approaches for a healthy heart. Seminar for health professionals.OpenSpace

SAT 17th OCT

9,30am-5pm Make It - developing collaborative sustainable Bristol Hoalth Partners

10.30am-3pm South Bristol Community Hospital and Urgent Care Centre Open Doors Event SRCH - Hengrove

2015 Shared Interest, Bristol 11am - 5pm West Bristol Arts Trail launch at Bristol School of Art

> 10am-12noon Discover Easton Wildlife Bike ride wildlife walk & lunch Easton Community Centre 10am-5pm Land and Food forum 2015

Resilience: Nourishina the human, Nourishing the earth Avon Wildlife Trust 8 10am-8pm Blue Finger Aliance, Bristol
Bristol Health Hub Cotham Food Network at Feed Bristol

9.30am -5pm Make It - developing collaborative sustainable health solutions. Day Two Rristal Health Partners OpenSpace

11am - 5pm West Bristol Arts Trail launch at Bristol School of Art Various venues

SUN 17th OCT

10am-4pm Soothing Sundays & ommunity Outreach

VENI JE KEY

 New Rooms Wesley Chapel, Broadmead Rristol Health Hub. Cotham

See website for full details

6pm-7pm Psychologically Informed Environments-Why and

How Places for People. Lah Snace Harbourside

Health Hub Cafe

Health Huh - Cotham

Health Jelena Deruka Ipm Chinese Herb Garden

ntroduction to Meditation

No more PMS! Ways to

Saying No and being assertive - live with more confidence and freedom

6pm Healthy tips on staying

7pm-8pm Introduction to Mindfulness

FRI16th OCT Bristol Health Hub-Cotham

10th-18thOCTORER

West of England Schools

Expressions: what's the

story? Milestones Trust
Exhibition CREATE Centre

demo, Health Hub Cotham

John Wesley Exhibition

Festival of Song

Various Vanuas

CBD Oil Vs Cannabis Oil

The secrets of success to a smokefree life 1pm-2pm The secrets of success to a smokefree life Smokefree

2pm Lasting happiness, joy and

An Introduction to Qi Gong

Sustainable wellbeing

Raw Cakes and Low GI

The Whole Person approach to Managing Your Blood Sugars Diabeatit De-stress and relax yourse in a matter of minutes Helena Kangai - Bodytalk

ound Healing, Crystal

prout your own Super-oods Judy Barber

A fresh approach to food

All program information is correct at the time of printing but may be subject to change without notice

www.bristolgreencapital.org/healthycityweek



9am-5,30pm Bristol New Economy Summit 2015 At-Bristol

10am-12noon Wellspring Healthy Living Centre find out about

TUES 13th OCT

services to promote your health and wellbeing. 10am 12man Evalore the Moor

Bike ride, wildlife walk & lunch Lawrence Weston Community Farm

10am-3pm Raking & Baking St Werburghs Community

10am-4pm Rahvs Hub Partner & Baby Bristol Health Hub Cotham

11am-4pm Children's Community Health Services Bristol Health Hub.Cotham

11.30am - ride at 1.30pm LifeCycle UK Mental Well-Being Cycle Ride & Maintenance session. CREATE Centre

What's the story...about food? Milestones Trust

Bristol's Whole Person Penny Brohn Cancer Care

Fine. Tobacco Factory

How do we deepen the links between the Health Sortor? Dr David Pancheon Director NHS Sustainable De velopment Unit, with panel OpenSpace

Song. St George's Hall

THURS15th OCT

9.15am - 12noon

8.am-10am

Supporting corporate leadership for healthy urban dayalanmant Seminar, OpenSpace 9.30am-1.30nm How to be a Dementia

Bank & Rathbone Green-

10am-12noon

10am-12noon

Allotment in Knowle

Hartcliffe Led Bike Ride

bank Investments, M Shed

OpenSpace

health solutions. Day One

A low cost clinic at the Hamilton House

 BRISTOL 2015 Lab Space, Harbourside OpenSpace, St. George's Road, City Centre

Panic, Shock and Stress

The art of being "mad"

Nutrition For Women's

39 Cotham Hill

Whiteladies Rd

iustoff

tive Medicine. OpenSpace



tainable Energy. Rm 3 Barton Hill Settlement Located at

6.45 pm-9pm Creating a Natural Health Service Dr William Bird and Portland Centre for Integra-