

**SAT 10th OCT**  
**BRISTOL 2015 LabSpace**  
**Harbourside**

All day drop in.....

**11am**  
**Goodness** start a run  
bringing sustainable running shoes

**11am**  
**Qi Gong** Janice Rossiter

**11.30am**  
**Flagged Up**, a walk to the  
wild side from Horfield  
Common to Stoke Park

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
**Mental Health** talk in  
the Big Green Chair

**12.30**  
**Goodness** Stretch and  
warm down after run.

**1.30pm**  
**Make Warm Homes Demo**  
Dave Luggery, Bristol Energy  
Network

**1.30pm**  
**Engaged Yoga** Yogasara

**2pm**  
**Make your street a place to  
play - Playing out in Bristol**  
Workshop

**2.30pm**  
**Make your street a place to  
play - playing out in Bristol**  
Workshop

**3pm**  
**Ian Barrett -** Sustans talks  
in the Big Green Chair on the  
**Good Transport Plan**

**3.30pm**  
**Patric Bulmer - Bristol Water**  
talks in the Big Green Chair Talk

**4pm**  
**Engaging Demo**

**4.30pm**  
**Ninja Calm Flashmob**  
meditation

**Also during the day ....**

**Make your own smoothies**  
using our pedal power  
the Energy Champions

**Song Raids**  
Festival of Song

**Tasters Reflexology**  
Ivonne Reflexology

**SUN 11th OCT**  
**BRISTOL 2015 LabSpace**  
**Harbourside**

All day drop in.....

**11am**  
**Big Green Bristol/Virtual**  
**Sponsored Walk** - Launch  
evening with 500more

**10am-4pm**  
**Community Farmer Day**  
**Squash Season**  
Chew Meigs

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
**Samuel Willits - University**  
**Hospitals Bristol** talks in the  
Big Green Chair on NHS and  
Sustainability

**12.30**  
**Harbourside Network**  
discussing themes on  
health, wellbeing & walking.

**1.30pm**  
**Minidulness Demo**  
Choose 2 flourish

**1.30pm**  
**Engaged Yoga** Yogasara

**2pm**  
**Hour of Power**  
**Engaging Demo**

**2.30pm**  
**Big Green Chair Talk**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**MON 12th OCT**

**9am-5.30pm**  
**Bristol/New Economy**  
**Summit 2015** At-Bristol

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
Broadmead

**10am-4pm**  
**Community Farmer Day**  
**Squash Season**  
Chew Meigs

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
**Samuel Willits - University**  
**Hospitals Bristol** talks in the  
Big Green Chair on NHS and  
Sustainability

**12.30**  
**Harbourside Network**  
discussing themes on  
health, wellbeing & walking.

**1.30pm**  
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Choose 2 flourish

**1.30pm**  
**Engaged Yoga** Yogasara

**2pm**  
**Hour of Power**  
**Engaging Demo**

**2.30pm**  
**Big Green Chair Talk**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**TUES 13th OCT**

**9am-10.30am**  
**Selfvaluing women in**  
**business** wellbeing strategies  
for you & your business  
Bristol/Lounge B&B 55Y

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
Broadmead

**10am-4pm**  
**Community Farmer Day**  
**Squash Season**  
Chew Meigs

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
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Sustainability

**12.30**  
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**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**WED 14th OCT**

**9.15am-4.30pm**  
**Healthy Home: Supporting**  
**Children & Young People**  
affected by Parent/Carer  
Substance Misuse. ACP  
Gatcliffe Centre, B513UN

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
Broadmead

**10am-4pm**  
**Community Farmer Day**  
**Squash Season**  
Chew Meigs

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
**Samuel Willits - University**  
**Hospitals Bristol** talks in the  
Big Green Chair on NHS and  
Sustainability

**12.30**  
**Harbourside Network**  
discussing themes on  
health, wellbeing & walking.

**1.30pm**  
**Minidulness Demo**  
Choose 2 flourish

**1.30pm**  
**Engaged Yoga** Yogasara

**2pm**  
**Hour of Power**  
**Engaging Demo**

**2.30pm**  
**Big Green Chair Talk**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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

**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**THURS 15th OCT**

**9.15am-4.30pm**  
**Healthy Home: Supporting**  
**Children & Young People**  
affected by Parent/Carer  
Substance Misuse. ACP  
Gatcliffe Centre, B513UN

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
Broadmead

**10am-4pm**  
**Community Farmer Day**  
**Squash Season**  
Chew Meigs

**11.30am**  
**Living Streets** create  
a walking nation Kelly Thies

**12noon**  
**Samuel Willits - University**  
**Hospitals Bristol** talks in the  
Big Green Chair on NHS and  
Sustainability

**12.30**  
**Harbourside Network**  
discussing themes on  
health, wellbeing & walking.

**1.30pm**  
**Minidulness Demo**  
Choose 2 flourish

**1.30pm**  
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**2pm**  
**Hour of Power**  
**Engaging Demo**

**2.30pm**  
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**3pm**  
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**4pm**  
**Body talk** Engaging Demo

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Heal2 Health

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using our pedal power  
with the Energy Champions

**2.30pm**  
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**3pm**  
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**Body talk** Engaging Demo

**Also during the day.....**

**Massage tasters**  
Heal2 Health

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**2.30pm**  
**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**FRI 16th OCT**

**8am-10am**  
**Supporting corporate**  
**leadership for healthy**  
**urban development**  
**Seminar, OpenSpace**

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
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**10am-4pm**  
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**Squash Season**  
Chew Meigs

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**12.30**  
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**Engaging Demo**

**3pm**  
**Fun dance for all the**  
**family Heal2Health**

**4pm**  
**Body talk** Engaging Demo

**SAT 17th OCT**

**9.30am-5pm**  
**Health & Wellbeing**  
**collaborative sustainable**  
**health solutions. Day One**  
**Bristol Health Partners**  
**OpenSpace**

**11.30am-1.30pm**  
**Kitchen on Prescription**  
Healthy-eating cooking  
demonstration and talk about  
why what we eat impacts  
our health and wellbeing. New Rooms,  
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**10am-4pm**  
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**4pm**  
**Body talk** Engaging Demo

**SUN 17th OCT**

**9.30am-5pm**  
**Health & Wellbeing**  
**collaborative sustainable**  
**health solutions. Day Two**  
**Bristol Health Partners**  
**OpenSpace**

**11.30am-1.30pm**  
**Kitchen on Prescription</**