

# HEALTH & WELLBEING FAYRE

SATURDAY 26<sup>th</sup> SEPTEMBER 2026

Requested by members ..

PLEASE SAVE THE DATE ...

MORE INFORMATION COMING SOON

*Living Well ..Ageing Well*

Saturday 26<sup>th</sup> September 2026

Chinnor Village Centre

**EXPERIENCE:** inc Podiatry; Reflexology; Massage; New Age Kurling; Nordic Walking; Yoga; Movement2Music; Tia Chi; Sound relaxation and more

**EXPOSITION/PRESENTATIONS:** inc Maximising Bone Health; How to Save Lives; Benefits of Sound Relaxation; Healthy Living

**EXHIBITION:** Health & Well-being products for sale and sign posting to useful community resources

CAFÉ OPEN FOR REFRESHMENTS

**FREE TO ATTEND**

**Watch this space ..or look at the website:**

**<https://chinnor.u3asite.uk/> or Facebook page**