

Hosted by u3a

LIVING WELL FAYRE

CHINNOR
VILLAGE
CENTRE

10:00 – 16:00

SATURDAY
26 SEPTEMBER 2026



A DAY FOR YOUR
WELLBEING

FREE TO ATTEND
but book your place
in advance



Café open all day
for light
refreshments



Sample experiences
Reiki; Mindful Massage;
New Age Kurling; Punch Hub;
Pilates; Nordic Walking;
Yoga; Tia Chi; Sound Bath
(to be booked in advance)



Listen to presentations
including
Maximising Bone Health;
Saving Lives: CPR;
Sound Relaxation;
Maintaining Brain Health



Exhibitors &
Community
Resources
There will be a range
of exhibitors and
signposting to
community resources



To book your place please contact

Nettie Dearmun



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