

The **Axbridge Chamber of Commerce** is delighted to be hosting a Wellbeing Day this year.

What makes you feel good?

Axbridge is giving you a chance to experience, visit, or listen to what can help your wellbeing.

On offer on the day will be:

- Talks **FREE**
- Fitness Tasters **FREE**
- Health Checks **FREE**
- Open Garden
- Food & Drink

So why not come along to Axbridge Square on the **8th of July** and find out more. All venues are within easy walking distance of the Square.

Acutabov Hair Salon - Scalp Treatments

Awaken your scalp with our free Ayurveda-inspired awakening scalp ritual. Bookings being taken between 9am and 12pm at Acutabov (Tel: 01934 733666) or e-mail acutabov.hair@gmail.com. Each guest will experience an exfoliating scalp brush and introduced to PRAMASANA our 98% naturally derived scalp care range.

Caroline Watts - Feel better with a book (or poem!) 10:15am & 1:00pm

Through the charity www.thereader.org.uk I run free sessions in local libraries where I read short stories, extracts and poems - each linked by a theme - and which spark helpful and healing discussions on subjects that matter. Come along and see for yourself!

Town Hall Timetable:

10:30 – 11:00	Stretch & Core	Up Beat Fitness
11:20 – 11:50	Jumpfit Exercise class involving bouncing on your own set of rebound boots to mood boosting music.	Denia Happy Fitness
12:00 – 12:30	Karate for Kids	Kia Karate Giardina
12:40 – 13:10	Up Beat Fitness	Up Beat Fitness
13:20 – 13:50	Burlexercise A fitness class bringing cardio and resistance into one sessions with sassy showgirl flair!	Denia Happy Fitness
14:00 – 14:30	Zumba Zumba – Dance and aerobic movement performed to energetic music.	Denia Happy Fitness
14:40 – 15:10	Karate	Kia Karate Giardina



*More events featured on the back panel

The George House Garden 10am - 4:00pm
(Also open Sunday 9th July 10:00am - 4:00pm)

Gardens and gardening contribute to one's wellbeing. In celebration of the 60th Anniversary of the Hardy Plant Society you can see a wide range of plants growing in varied habitats in this south-facing town garden.

Admission: Adult: £2.50 Child: FREE

Secret Garden Florist - Talk on Herbs 10:15am & 1:30pm

Here at the Secret Garden Florist, we will be doing talks on herbs and how they can improve your health. We will show you how to incorporate herbs into your diet, helping such things as the digestive system.

The Almshouse Tea Shop - Healthy Eating

10:00am - 4:00pm

We offer a selection of healthy soups, snacks and meals and we are launching a NEW range of Salads to include Quinoa, Wheat Berries, Veg & Green Pesto, Orzo Pasta & Roast Tomato and Cous Cous...Good Health!



Axbridge Pharmacy 10am - 3pm

FREE NHS Health Checks for 40 - 70 year olds.

A free check-up of your overall health. It can tell whether you're at higher risk of getting certain health problems, such as Heart Disease and Diabetes. As well as measuring your risk of developing these health problems, an NHS Health Check gives you advice on how to prevent them.

Please pre-book on 01934 733230 or email axbridge.pharmacy@aah-n3.co.uk

Health Check Criteria:

- 1) You must live in Somerset or be registered with a doctor in Somerset.
- 2) You have not had one done before by a Doctor, Hospital or Pharmacy.

*Please phone/e-mail to confirm eligibility.

Axbridge Pharmacy (in the Church Rooms) 12:30pm & 2:30pm

Talk - 12:30pm

Dementia Friends - Awareness of Dementia

What to look for to perhaps identify Dementia and how to help or get on with people with Dementia.

Defibrillator Training - 2:30pm

Learn how to use the resuscitation defibrillator.

Tony Watts - Creative writing/Write your life story 11:15am & 2:00pm

Writing is a brilliant, proven therapy as well as a way to express yourself and share your ideas and (perhaps) your life story. I'm planning a course locally to give aspiring writers the confidence and "building blocks" they need. Come along!

Sarena Mason - Music & Sound That Heal

10:45am & 2:30pm

Music and sound have been used for thousands of years for health, healing and spiritual connection. Sarena Mason has 30 years experience as a therapist, and uses this gentle method for all aspects of your mental, physical and emotional health.



Maggie Stanley - Pace for Living 11:45am & 2:30pm

Mindfulness teaches you to pay attention to the moment. You learn to observe instead of getting lost in your head. Mindfulness gives you the ability to cope with life in a calmer manner helping wellbeing and day to day living.

Axbridge Well Being Day

Saturday 8th July 2017

The Square, Axbridge

10am - 4pm

FREE ACTIVITIES



Axbridge Chamber of Commerce



The Rising Studio:
 Caroline Watts: 10:15am & 1:00pm
 Maggie Stanley: 11:45am & 2:30pm
 Tony Watts: 11:15am & 2:00pm
 Sarena Mason: 10:45am & 1:30pm

The Rising Studio

The Secret Garden Florist:
 Talk on Herbs: 10:15am & 1:30pm

The George House:
 Garden: 10am - 4pm
 (Also open Sunday 9th July 10:00am - 4:00pm)

The Secret Garden Florist

The George House

The Lamb Inn

The Church of Saint John the Baptist

Church Rooms

Axbridge Pharmacy (in the Church Rooms):
 Talk: 12:30pm
 Defibrillator Training: 2:30pm

The Bank House, Enable

The Oakhouse

Oakhouse Saints & Sinners Menu

House Houmous with unleavened bread	Chefs Soup of the Day Chef's homemade soup of the day
Chorizo with cider reduction	Beetroot Carpaccio Carpaccio of ruby, and golden beetroot, with a goats cheese mousse, and watercress dressing
Potatoes mojo	Heritage Tomato Salad Heritage tomatoes, buffalo mozzarella, with micro basil and a balsamic dressing
Prawns with lemon sauce	Pan-fried Breast of Chicken With a mirepoix ratatouille, summer greens, and a sweet madeira jus
Mixed vegetable polenta cake	Pan Fried Sea Bass Crushed new potatoes, summer greens, celeriac puree, caper & raisin compote
Cod goujons with tartare sauce	Mackerel Salad Fillet of smoked mackerel, with fresh leaves, beetroot and horseradish
Lamb croquettes with mint yoghurt	Peach Melba With eiderflower sorbet, toasted almonds and raspberry coulis
Calamari with lemon and Tzatziki	The Strawberry Line Our signature dessert, an assortment of mini strawberry desserts
Nuts & Olives	Two courses 14.95 Three Courses 17.95
3.95 each	

BUY 4 GET 5TH FREE

SINNERS

Chicken and Bacon Linguini In a white wine and thyme sauce with crusty bread 10.95	The Chocolate One Dark chocolate sphere, with rich cherry mousse, and a vanilla sauce 7.25
Thatcher Old Rasgal Battered Cod With tripple ooked chips, garden peas and tartare sauce 10.95	Rich Clotted Cream Rice Pudding Served with a summer berry compote 5.95

Town Hall:
 Stretch & Core: 10:30am - 11:00am
 JumpFit: 11:20am - 11:50am
 Karate for Kids: 12:00pm - 12:30pm
 Up Beat Fitness: 12:40pm - 1:10pm
 Burlexercise: 1:20pm - 1:50pm
 Zumba: 2:00pm - 2:30pm
 Karate: 2:40pm - 3:10pm

The Almshouse

The Almshouse:
 Healthy Eating: 10:00am - 4:00pm

Pharmacy

Pharmacy:
 FREE Health Checks: 10am - 3pm

Acutabove:
 Scalp Treatments

King John's Hunting Lodge

High Street

High Street

St Mary's Street

The Crown Inn

The Square

The Square

Moorland St

Meadow Street

Back Lane

Church Lane