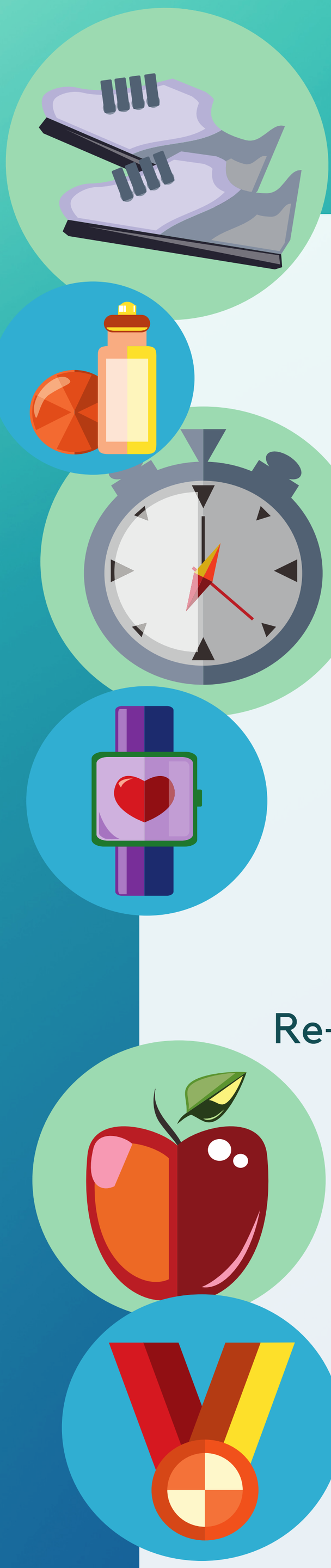
STOBFEST PRESENTS

STOBSWELL WELLBEING EVENT

Saturday May 11 2019, 10:30am-3pm | Baxter Park



10:30am	Boxing
11am	Tabata
11am	5-12 year olds football
11am	Zumba taster session
12pm	Walking football (age 50+)
12pm	Moments of Mass Mindfulness
12:30pm	Yoga
1pm	Football (women only)
1pm	Community walk
1:15pm	Powerhoop
1:45pm	Clubbercise
2pm	Family sports open to all
2:15pm	Burlexercise

The Bike Station
Re-discover Dundee - e-trikes taster session
Bike marking
Scalp, hand and foot massage
Rising Strong mind coach
Body Stress Release
A selection of well-being stalls
Children's story corner
The Creation Station

http://www.stobswell.org.uk/

@StobswellForum

#stobfest