

Active Health Outdoors Family Forum

Agenda:

<u>10:00</u>	<u>Forum opens</u>
<u>10:00 till 12:00</u>	<u>Pokémon and Potatoes</u> Meet at the growing hub next to the small car park
<u>11:00</u>	<u>Dance Taster Session</u> Delivered by Oldham Sports Development on the main field
<u>10:30 till 11:30</u>	<u>Relax and Breathe Session with Mindfulness Walk</u> Meet at the Healthwatch Oldham Stall at the Marquee on the main field
<u>12:15 till 12:30</u>	<u>Fun Run Warmup</u> Meet at the Lions Den
<u>12:20</u>	<u>Oldham Mayor short speech and start of Fun Run</u> Meet at Lions Den
<u>12:30 till 13:00</u>	<u>Fun Run</u> Starting at Lions Den, Fun Run approx. 30 minutes
<u>13:30</u>	<u>Relax and Breathe Session with Mindfulness Walk</u> Meet at the Healthwatch Oldham Stall at the Marquee on the main field

All Day Activities and Sessions from 10:00 till 15:00

Drop in Sessions and Activities which require no booking:

- Rafting on the lake (Boat house Café Area)
- Growing Hub (Down at the Hub next to the small car park)
- Oldham Play Action Group – Active Play (Main Field)
- Ability Wheelz Taster Rides (Next to Kings Road Car Park near Bowling Green)
- Tennis Taster (Tennis Courts)
- Woodland Craft (Main Field)
- Smoothie Bike (Main Field)
- Healthy Eating and Snacks Session (Main Field)
- Climbing Tower (Main Entrance)
- Pure Innovations (Boat House Café)
- Health and Wellbeing Market Place (Main Field)
- Health Checks (Main Field)
- Sports Massage (Main Field)
- CPR Demonstrations with St. John Ambulance (Main Field)

15:00 CLOSE of Forum