



HEALTH AND WELLBEING

Healthy Halls activities for 2012

Please see the table on reverse for activity list.

For more information please contact 01392 722039 or visit www.exeter.ac.uk/sport

Healthy Halls activities for 2012

Activity	Date	Time	Location	Cost
Beginners Running Group (10 weeks)	24 January	17:30 – 18:30	Sports park	Free
Swedish Massage	25 January	13:30 – 15:30	Hope Hall	£10 for 30mins
Indian Head Massage	25 January	13:30 – 15:30	Hope Hall	£10 for 30mins
Nordic Walking 6 week course	25 January	16:00 – 17:00	Sports park	£15
Personal Safety and Self defence. (Refresher)	26 January	19:00 – 20:00	Birks Grange	£5
Wake up and Shape up (8 Weeks)	28 January – 24 March	09:30 – 11:00	Hope Hall	£30
Feed the Brain	1 February	14:30 – 16:30	Birks Grange	£5
Swedish Massage	8 February	13:30 – 15:30	Birks Grange	£10 for 30mins
Indian Head Massage	8 February	13:30 – 15:30	Birks Grange	£10 for 30mins
Personal Safety and Self defence 6 wk course	2 February – 8 March	19:00 – 20:00	Birks Grange	£10
Personal Safety and Self defence. 6 wk course.	7 February – 13 March	19:00 – 20:00	Pippa Langston Room	£10
Feed the Brain	21 February	14:30 – 16:30	Hope Hall	£5
Nutritional Snacks	22 February	14:30 – 16:30	Hope Hall	£5
Managing Stress	22 February	14:30 – 16:30	Birks Grange	£5
Nutritional Snacks	29 February	14:30 – 16:30	Birks Grange	£5
Managing Stress	29 February	14:30 – 16:30	Hope Hall	£5

For booking and more information please go to:

www.exeter.ac.uk/sport/wellnessprogramme

www.well-being-centre.co.uk/OutAbout.html

www.defensivearts.co.uk/index.html

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