

WELL-BEING EVENT MARQUEE, COEDBACH PARK

Thursday 15th June 6.00 - 9.00pm

Free sessions in Tai-chi, Yoga / Pilates
and Meditation - (6.00-8.00pm)

Talks and advice on coping with Menopause,
Anxiety, Mental Health, Nutrition. (8.00-9.00pm)

VOLUNTEERS NEEDED

If you're interested in volunteering for the event,
please contact the Clerk to Pontarddulais Town Council

TOP FIELD

- Star DanceDisplay
- Fire ServiceDisplay
- Yoga/Tai Chi for children and parent/carer ..Free taster sessions
- Pontarddulais BandYouth Group
- Circus EruptionInteractive family fun activities
- Swansea PipersDisplay
- Pontarddulais Town Band....Adult Group
- Circus EruptionInteractive family fun activities
- Fire ServiceDisplay
- Yoga/Tai Chi for children and parent/carerOn field participation
- Bushcraft skillsLower field participation

BOTTOM FIELD - MARQUEE

- Food demonstrationsColeg Sir Gar
- Stained glassDemonstration
- Free re-cycling competitionRe-cycle materials to make to make a fashionable item.
- Crafts - jam jar paintingSupervised activity (Free for children)
- Wood turning demonstrationDemo and hands-on
- Crafts - jam jar paintingSupervised activity (Free for children)
- Wood turning demonstrationDemo and hands-on activity (free for participants)
- Music from 5pmSingers & bands

See our website for updates before the event

Clerk to Pontarddulais Town Council / Clerc Cyngor Tref Pontarddulais
Mobile: 07939 592168 www.pontarddulaistowncouncil.gov.uk