

Free workshops and taster sessions in FAKENHAM

These will run from April to June and in the Get Active in Fakenham week August 2018. See the Active Fakenham website for more information and how to book, or visit Fakenham Info Hub in the market place. Numbers limited.

Fun Run

PT in the Park/Military circuits

Art

Defibrillator awareness

Criterium racing

Assertiveness for women

Facebook

Family exercise

Card making

Family Bootcamp

Toddle 'n' Trike

Spinning

Creative writing

Dance

Singing

Photographing the River Wensum

Local history

First aid - Red Cross

Father/carer & child exercise

Get to know your outside gym equipment

Twitter

Memoir - writing about your life

Family writing

Outdoor Gym sessions

Mother/carer & child exercise

Yoga

Guided walk

Reminiscing for older people

Pop up 1st Aid with the Red Cross

Photography

Balkan dancing

Over 50s outdoor gym workout

★ *There is a charge of £2 for a few workshops, view on website*



Search Active Fakenham



www.activefakenham.org.uk