



Central Bedfordshire

**great**  
lifestyles



# WELLBEING GAMES

#WellbeingGamesBeds



SCAN HERE  
FOR MORE INFO

at The Dunstable Centre  
Friday 26th July 2024 • 10am-5pm

## A fun filled day of free activities!

- Activity taster sessions, inclusive for all
- Health and wellbeing stalls
- Health and wellbeing assessments
- Activities for children
- Swimming
- Lunch and refreshments



**All  
activities  
free!**

**A FUN-FILLED DAY OUT FOR EVERYONE**

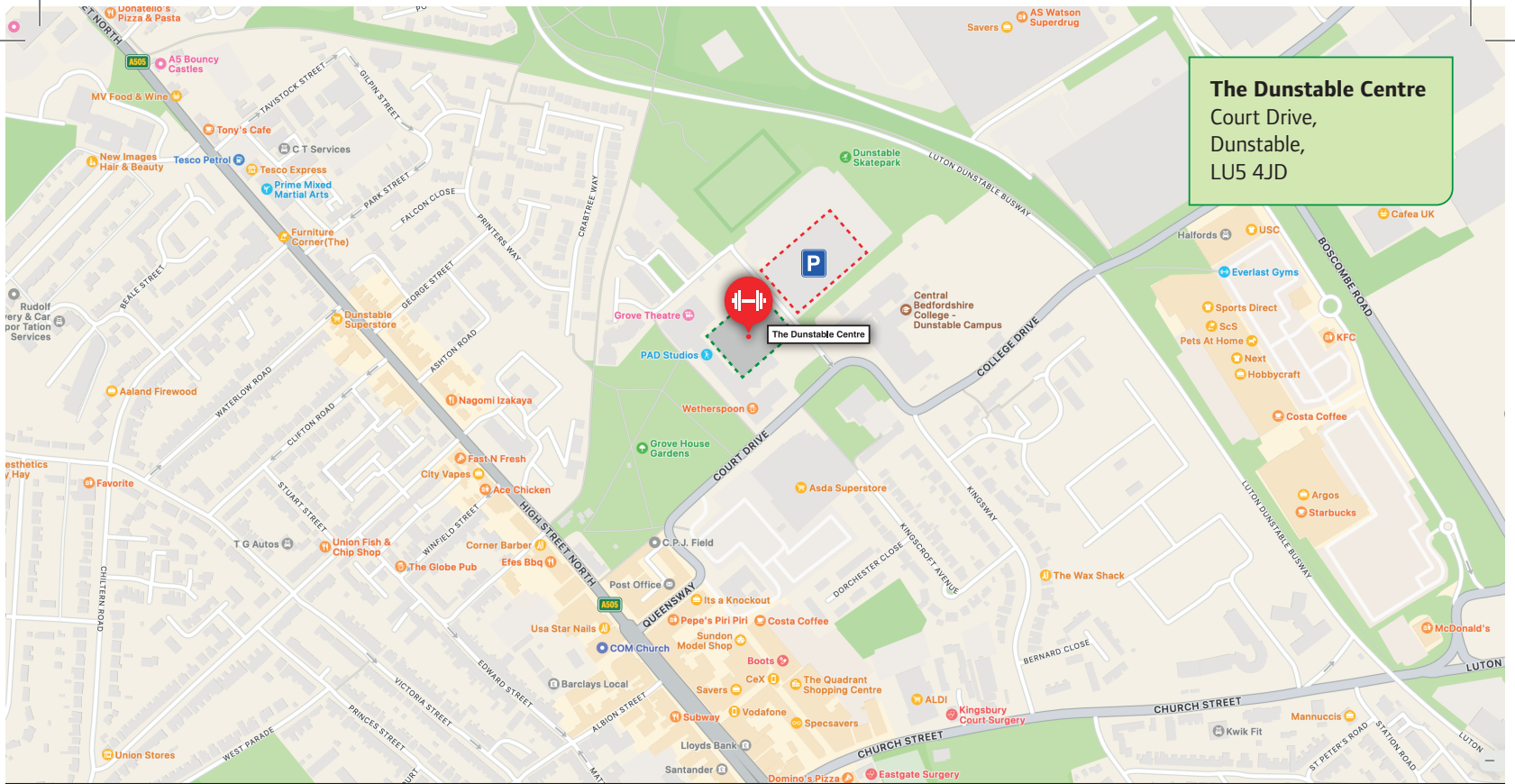
## The Dunstable Centre

Court Drive, Dunstable LU5 4JD

Everyone Active manages this facility in partnership with Central Bedfordshire Council.

**NHS**  
East London  
NHS Foundation Trust

everyone  
ACTIVE



**The Dunstable Centre**  
Court Drive,  
Dunstable,  
LU5 4JD

## Free activities

Taster sessions of the following, running throughout the day

- Zumba
- Body Pump
- Circuits
- Resistance training
- Yoga
- Boxing
- Tai Chi
- Badminton
- Table Tennis
- Gym refurbishment

**FREE  
Packed  
Lunch  
Provided\***



## Come and find out more about activities and groups in your area!

\* free lunch subject to availability

#WellbeingGamesBeds

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