



# WELL-BEING GAMES
















everyone  
ACTIVE

**NHS**  
East London  
NHS Foundation Trust



## The Dunstable Centre

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

-  Entrance
-  Registration
-  Information
-  Lifts
-  Changing Room
-  First Floor A
-  Sports Hall
-  Cafe
-  Main Pool
-  Family Swim
-  Golf
-  Quiet Zone
-  Accessible Toilets
-  First Aid
-  AED Emergency Defibrillator

**20 Minute Taster Sessions**  
(Sports Hall)  
Ask a member of staff for timings & availability

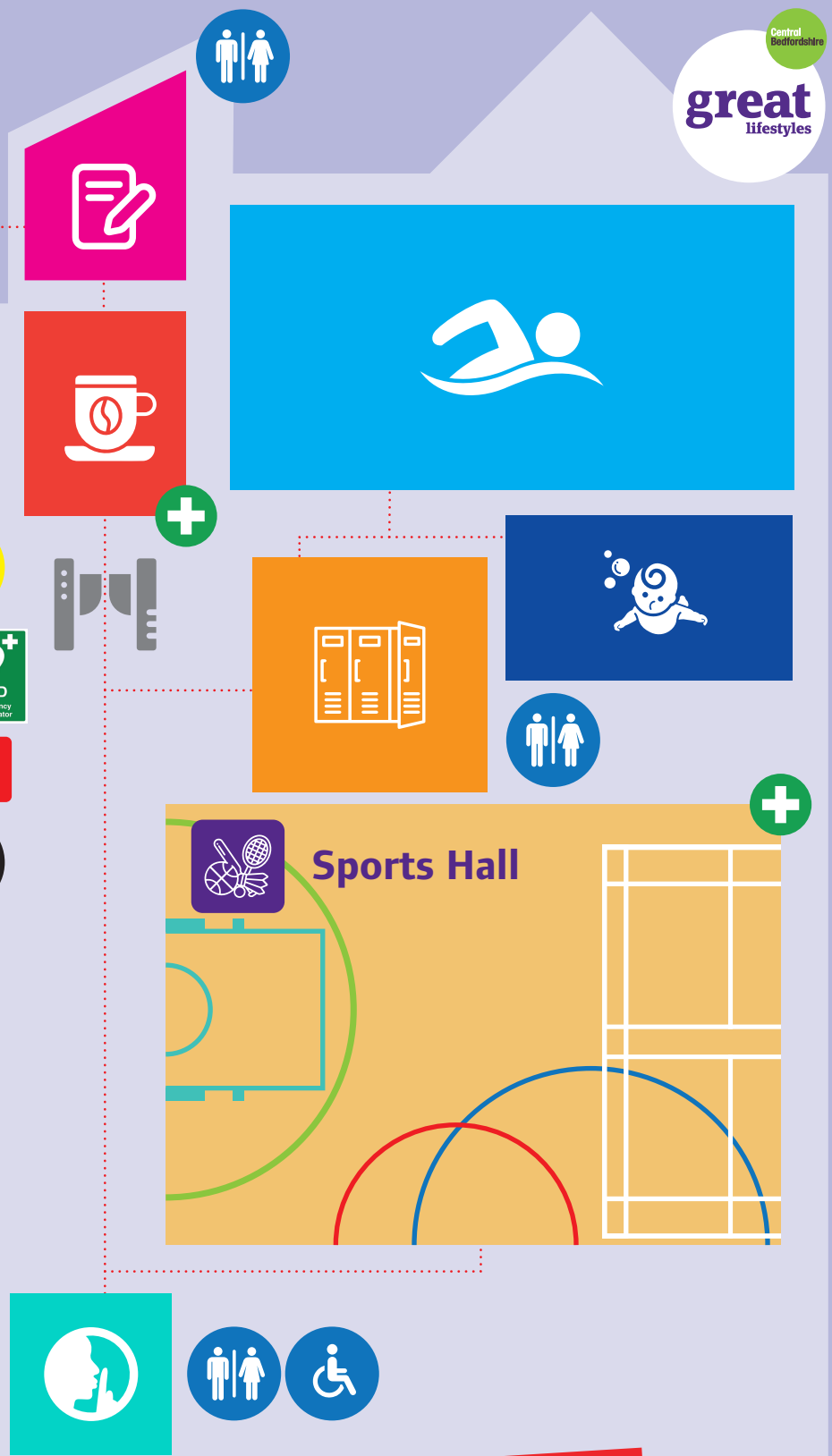
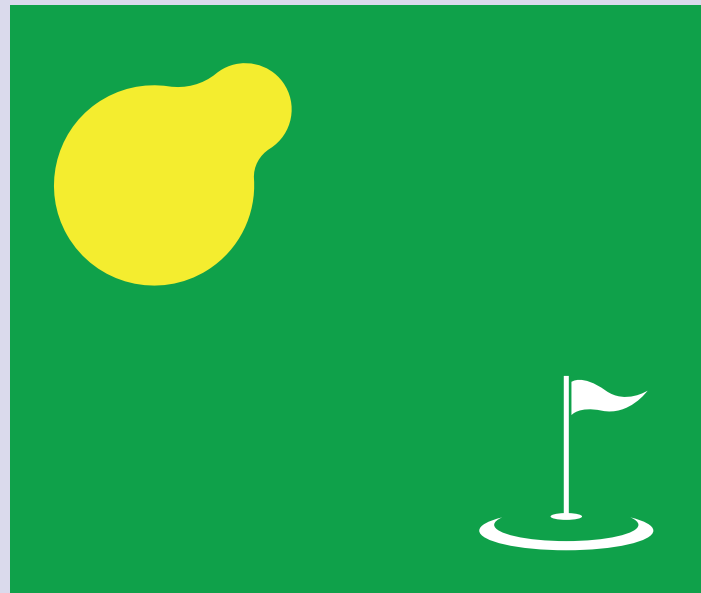


**FREE Packed Lunch Provided\***

Follow us for more info:  
@nhs\_elft  
X@NHS\_ELFT

#WellbeingGamesBeds

## Ground Floor



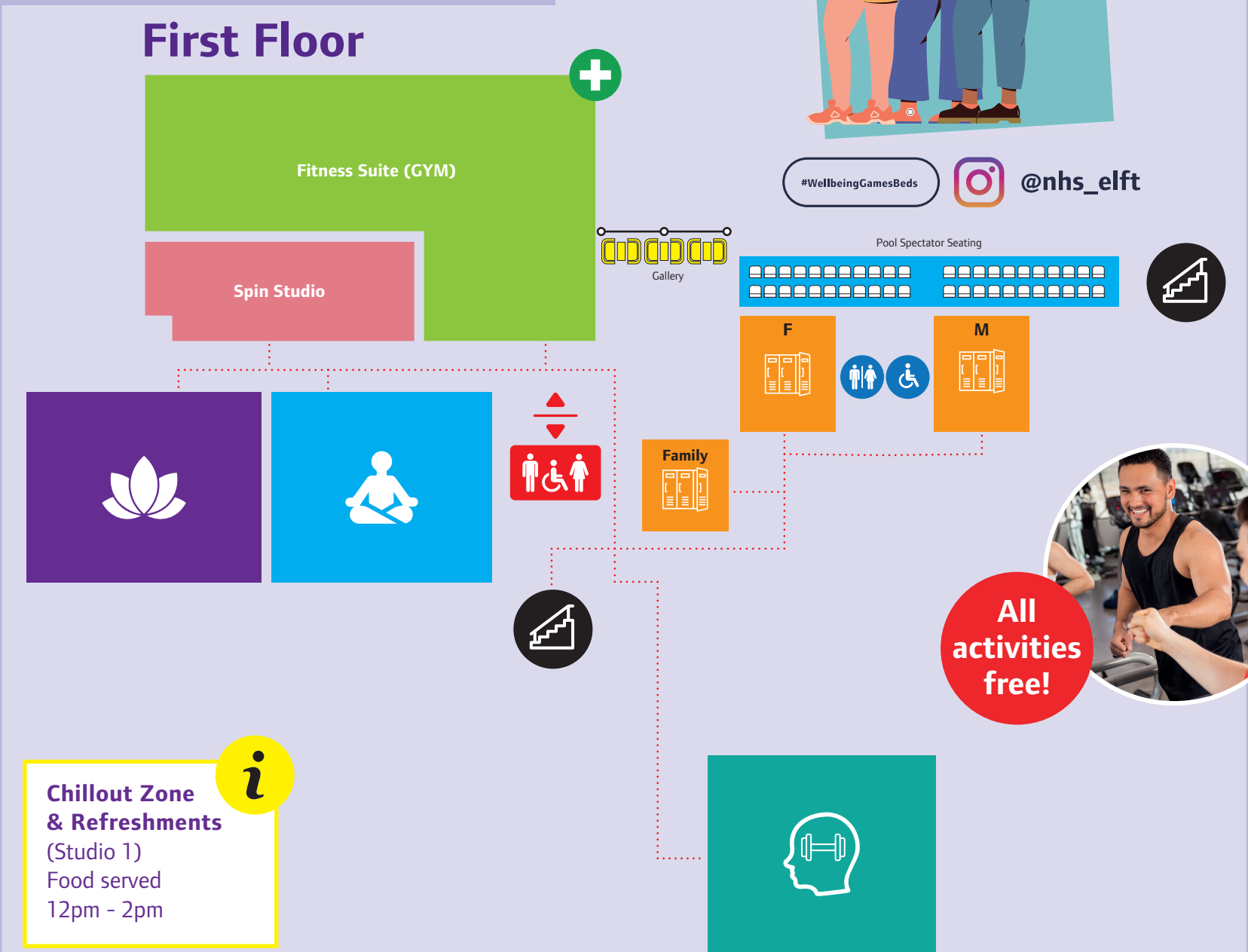
**A FUN-FILLED DAY OUT FOR EVERYONE**



### Planned Activities

- Boxfit - Sports Hall
- Circuit - Sports Hall
- Yoga - Sports Hall
- Seated yoga - Sports Hall
- Pilates - Sports Hall
- T'chi - Sports Hall
- Pickle ball - Sports Hall
- Basketball - Sports Hall
- Badminton - Sports Hall
- Body Pump - Sports Hall
- HIIT - Sports Hall
- Step - Sports Hall
- Combat - Sports Hall
- Golf - Lawn
- Swimming - Main Pool
- Brain training - Mezzanine
- Market Stalls - Wellbeing Zone
- Refreshments - Chillout Zone

- Chillout Zone
- Wellbeing Zone
- Brain Training Zone
- Accessible Toilets
- Changing Room



**Chillout Zone & Refreshments**  
(Studio 1)  
Food served  
12pm - 2pm

#WellbeingGamesBeds @nhs\_elft

Don't forget to share your registration selfie

All activities free!

