

Feeling Good at the Hub

South Normanton Library

Banish the winter blues!



Two days packed full of relaxing and fun activities for everyone

Friday 24th February 2012 10.00 am – 4.30 pm

Saturday 25th February 2012 9.30 am – 12.30 pm

See overleaf for programme details.

All activities are **free** but please reserve tickets for workshop sessions at South Normanton Library. Tel: 01629 535000

Friday 24th February 2012 from 10.00 am – 4.30pm

Drop in at the library for

Quick Reads & Mood Boosting Books promotion – **Meet the Book Doctor**

10.00 am – 12.00 pm **Mini Pamper sessions.** Choose from Indian Head Massage or Aromatherapy hand massage. Relax & enjoy.

10.15 am – 11.00 am **Stories to make you Smile: Stories, songs and crafts for the under 5s** (Please book tickets for this session at the library)

10.30 am – 12.00 pm **Poet River Wolton – Poems to Lift Your Spirits**

2.00 pm – 3.00 pm **Relaxing Readings** in the bistro with a cup of tea/coffee

3.30 pm – 4.15 pm **Meet Danny the Listening Dog** – all welcome

Book tickets at the library for

12.30 pm - 2.00 pm **Aromatherapy Workshop** with Jenny Raphael. Find out about essential oils, & how they can help with wellbeing . Learn how to safely blend oils for massage and carry out a hand and lower arm massage. All materials provided.

1.30 pm – 3.30 pm **Say it with Words** with poet/writer River Wolton. A fun and friendly session and a chance to have a go at writing for, or about, family, friends and children. Create a keepsake or a gift. All materials provided.

2.15 pm – 3.45 pm **Indian Head Massage Workshop** with Jenny Raphael
Come along and have a go at a basic Indian Massage and work on those key tension areas.

Saturday 25th February 2012 from 9.30 am - 12.30 pm

Drop in at the library for

Quick Reads & Mood Boosting Books promotion – **Meet the Book Doctor**

11.45 am – 12.15 pm **Word Wizard Andy Newbound** selling/signing his books

Book tickets at the library for

10.00 am – 11.30 am **Word Wizard Andy Newbound** will run this fabulous session for children of all ages. Word quizzes, buzzers and basketball, book fun and games. Win free chocolates. Fun for all the family.

10.00 am – 12.00 pm **Wellbeing Creative Writing Workshop.** Need some time just for you? Led by poet and writer Cathy Grindrod, this workshop is for anyone who'd like to have a go at creative writing. Friendly, no pressure, free!

10.15 am – 11.00 am and 11.30 am – 12.15 pm **Laughter Lift!**

Get a boost of laughter with Laughing John! A feel-good session consisting of jokes and laughter therapy including some new funny ways to get the giggles. The session should leave you feeling great and very uplifted with lots of laughs guaranteed. Suitable for ages 8 to 80!