

# Get stuck in!

**Monday 8th March 2010**

**At Centre in the Park, 10am - 3pm**

## **Crafts**

- Glass painting
- Pyrography
- Giant patchwork woman
- Henna tattooing

## **Active**

- Yoga
  - Trampete workout
  - Bikeability
- (please wear clothes and shoes you can move about in)

## **FREE EVENT**

## **What else?**

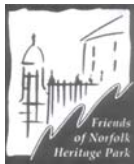
- Dr Bike - bring your bike for a check up
- Information and advice stalls
- Free refreshments

## **Planting**

- Seed planting
- Make your own hanging basket

This is a women's only event celebrating international women's day

For more information call Centre in the Park on: 2860400



# Get stuck in!

**Monday 8th March 2010**

**At Centre in the Park, 10am - 3pm**

## **Crafts**

- Glass painting
- Pyrography
- Giant patchwork woman
- Henna tattooing

## **Active**

- Yoga
  - Trampete workout
  - Bikeability
- (please wear clothes and shoes you can move about in)

## **FREE EVENT**

## **What else?**

- Dr Bike - bring your bike for a check up
- Information and advice stalls
- Free refreshments

## **Planting**

- Seed planting
- Make your own hanging basket

This is a women's only event celebrating international women's day

For more information call Centre in the Park on: 2860400

