



NEW YEAR, HEALTHY HABITS

Educafe welcomes you to kickstart your healthy 2023 by trying something new in January & February

These activities are suitable for all levels of fitness & beginners are welcome.

Register here to attend: <https://form.jotform.com/223343564261048>

DAY	TIME	ACTIVITY	VENUE
Mondays Every Mon from 9 th Jan	11am to noon	Yoga tasters	Living Saucha, Old Town Hall, Market Place, Newbury, RG14 5AA
Tuesdays Every Tues from 10 th Jan	9.30-10.30am	My Wellbeing Club (See below info)	Waterside Youth & Community Centre, Waldegrave Place, Northbrook St, Newbury, RG14 1DS
Wednesdays Jan: 11/18/25 Feb: 1/8/*/22	11am to noon	Pilates for Women's Health	Waterside Centre – as above *no class on 15 th Feb due to half term
Every Weds from 11 th Jan	2.15-2.45pm	Seated chair exercise	Newbury Library (Carnegie Room), The Wharf, Newbury, RG14 5AU
Fridays Every Fri from 13 th Jan	Noon to 1pm	Adult dance (Folk in Jan & Adult Ballet in Feb)	Allenova School of Dancing, West Street, Newbury RG14 1BE

FB & Instagram: @educafeuk

Email: Janine@educafeuk.co.uk

Educafe thanks our funders for this program: Get Berkshire Active and Peter Baker Foundation.



Attendee sign up

These activities are free but Educafe welcomes donations via the Good Exchange for those who feel able to contribute. All donations will be match-funded by Greenham Trust:

<https://app.thegoodexchange.com/project/19648/educafe-cic/innovative-community-wellbeing>

Suggested donations: Yoga tasters/Pilates for Women's Health/Adult Dance = £10

My Wellbeing Club = £15

Seated exercise = £5



My Wellbeing Club

My Wellbeing Club is a supportive community group that combines a fitness session with nutritional coaching and a healthy brunch.

My Wellbeing Club is run by Taryn & Fi, two local health professionals who have teamed up to offer the community a total wellbeing package.

Taryn is a qualified nutritional therapist and health coach. Her absolute passion is to help women to feel at their best in body and mind, so that they can truly live life and thrive

Fi is a qualified fitness coach specialising in the female body. She loves nothing more than helping women feel strong & empowered in their bodies so they can feel their absolute best.

Babies are welcome at My Wellbeing Club.

www.fittermother.com/product-page/my-wellbeing-club

www.instagram.com/mywellbeingclub

www.facebook.com/profile.php?id=100086881031402