

# Healthy New Year Festival 2020

Friday 10 January and Saturday 11 January  
10.00am - 4.00pm at Oldham Library

Oldham Library's free Healthy New Year Festival is back!  
Includes stalls, exercise sessions and family activities.



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free  
books

# Friday 10 January 10.00 am – 4.00pm

## Oldham Library

<b>Stay Strong and Stay Steady Exercise Class With OCL.</b>	10 -11am Performance Space	Safe, effective, social and fun. This class includes balance and strength training and will work all parts of your body. A low impact class for all abilities.	Booking essential
<b>Bumps and Babies Rhyme Time with Oldham Music Service</b>	11am - 11.45am Children's Library	This session delivered by Oldham Music Service includes singing, rhymes, dancing, musical appreciation and exploring instruments.	Drop-in
<b>Bumps and Beyond Pre and Post Natal Exercise with OCL</b>	11.30am- 12.15pm Performance Space	Meet new friends, have fun, keep fit and learn how to exercise safely. Bring your baby to the class. (baby must be 8 weeks+ and pre-walking)	Booking essential
<b>Warrior Yoga with OCL</b>	2 - 3pm Performance Space	A martial arts based yoga session is suitable for all ages combining balance flexibility with some basic martial art techniques.	Booking essential

**To book your FREE place on any of these activities or for more information visit [www.oldham.gov.uk/libevent](http://www.oldham.gov.uk/libevent)**

### **Our Health information stalls include:**

WW (Weight Watchers reimagined)  
 Right Start, Bridgewater Community Healthcare  
 Action Together  
 Genetic Conditions and Services  
 Making Space: Oldham Dementia Services  
 Oldham Active Communities  
 Positive Steps



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# Saturday 11 January 10.00am – 4.00pm

## Oldham Library

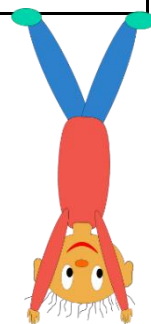
<b>Tooth Challenges</b>	10am-4pm	Take part in our toothy games and crafts.	Drop in
<b>Active Treasure Trail</b>	10am-4pm	Take part in our treasure trail around the library and see if you can discover all our hidden clues!	Drop in
<b>Hatha Yoga (family friendly)</b>	11am-11.30am	A gentle form of yoga with many benefits including improving body strength, flexibility, balance and reduced anxiety.	Booking essential
<b>Boxing (family friendly) with OCL</b>	11.45am - 12.15 pm	Circuit based session using basic boxing techniques incorporating pad work and footwork. Suitable for all ages.	Booking essential
<b>Pregnancy Yoga</b>	12.30-1pm	Helps to improve sleep, reduce stress and anxiety, increase the strength, flexibility and endurance of muscles needed for childbirth. (suitable for 14 - 42 weeks in pregnancy)	Booking essential
<b>Family Fun Workout with OCL</b>	1.15-2pm	A circuit based workout incorporating light weights and body weight exercises. Suitable for all ages	Booking essential
<b>Chair Yoga (all ages welcome)</b>	2.30-3pm	Use a chair to support your postures and stretches. Includes breathing exercises and relaxation. Suitable for anybody who is recovering from injury/surgery such as hip, knee & back.	Booking essential

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### **Our Health information stalls include:**

WW (Weight Watchers reimagined)  
 Right Start, Bridgewater Community Healthcare  
 Genetic Conditions and Services  
 Debbie's Yoga and Relaxation  
 Oldham Active Communities

**PLUS don't miss the opportunity to try out our Virtual Reality health experience!**



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[www.oldham.gov.uk/libraries](http://www.oldham.gov.uk/libraries)

# What's on



For more information about this free event or to book onto a free exercise class, visit:

[www.oldham.gov.uk/libevent](http://www.oldham.gov.uk/libevent)

# Happy 2020!

Oldham Library, Greaves Street, Oldham, OL1 1AL

[www.oldham.gov.uk/libraries](http://www.oldham.gov.uk/libraries)

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