

invite you to their

# 10<sup>th</sup> BIRTHDAY OPEN DAY

THURSDAY 18TH JULY 2019  
10AM - 4.30PM

Free  
event!



EDUCATIONAL LECTURES



MINDFULNESS



POST NATAL Q & A



EXERCISE CLASSES



Guided tours and 'ask the physio'



Children's activities

Story telling and children's activities -St Hugh's building

## OPEN DAY SCHEDULE

- 10:00-10.30 Post-natal Q & A session  
St Hugh's education centre
- 10:00-12:00 Story telling and kids' activities  
St Hugh's education centre
- 10.30-12:00 Pilates drop in taster sessions  
St Hugh's education centre
- 10.30-12:00 Introduction to Mindfulness -drop in  
Physio gym (Hosted by 'Brightspace')
- 12.30-13:00 Ai Chi demonstration  
Hydrotherapy pool
- 14:00-14.30 Introducing Osteoarthritis (OA)- lecture  
St Hugh's education centre
- 14:00-15:00 Mindfulness session  
Physio gym (Hosted by 'Place of Serenity')
- 14.30-15:00 General exercise class  
St Hugh's education centre
- 14.45-15.15 How to manage your OA - lecture  
St Hugh's education centre
- 15.30-16:00 All about osteoporosis- lecture  
St Hugh's education centre

## GUIDED TOURS AND 'ASK THE PHYSIO'

Our physiotherapists are looking forward to taking you on a tour of The Physiotherapy Centre. Throughout the open day, you'll be able to see our well-equipped gym and the hydrotherapy pool.

The team will be happy to answer all your questions.

Come and join the celebration!



Complimentary tea and birthday cake



Our collective aim:  
To educate so that patients are empowered to take control of their condition.