

**Liz Dolman**  
**Love Pilates & Trigger Point Pilates**

To book onto the session at 10am, contact  
[liz.dolman@lovepilates.co.uk](mailto:liz.dolman@lovepilates.co.uk)

Cost: £10

All equipment is supplied

All proceeds to the Arkenstall Village Centre

Singing Bowl taster sessions with Sally Talbot

11.45am for 30 minutes

Cost: £10

Book a space online



# Health & Well Being Event

## Arkenstall Village Centre

### Haddenham, Cambs CB6 3XD

**SATURDAY 16 MARCH 2024**  
**10AM TO 3.30PM**

**Come and discover a variety of ways  
to improve your health & well being.**  
**Over 30 stalls - Refreshments**  
**- FREE ENTRY**



**Fundraising for the Arkenstall Village Centre**  
**- Registered Charity No. 300394**

Don't forget to visit our refreshment team for a hot  
drink and some yummy cake

Refreshments sold in aid of the Arkenstall Centre,  
Registered Charity no, 300394

## Wellbeing Practitioners

Ali Basil	Holistic Therapies <b>book treatments on the day</b>
Debbie Dewis	Holistic Physiotherapist <b>have a chat with Debbie on the day</b>
Georgia Furlong	Beauty Box Haddenham <b>book treatments on the day</b>
Jess Trent	Reflexology and Human Design Voyagers <b>book treatments on the day</b>
Massage by Carl	Seated Acupressure Massage <b>book treatments on the day</b>
Melanie Easter	AllEarsEly – micro-suction and irrigation techniques for wax removal
Sally Talbot	Singing Bowl taster sessions <b>Prebook for 11.45am session</b>
Liz Dolman	Love Pilates & Trigger Point Pilates <b>Prebook for 10am session</b>

## Healthy Living

Caroline Badcock	Slimming World Consultant
HEART Charity	Mobility equipment & services
Haddenham Pharmacy	FREE BP Measure Checks <b>book appointment on the day</b>
Healthy You	Free NHS Health Checks <b>have a chat with Debbie on the day</b>
LCN Dance Academy	Adult ballet, dance fitness, posture
Michelle Wilson, Travel Counsellor	Health and Wellbeing Retreats and general holidays
Erin Dolan	Health Coaching

## Food

Belles Bakes	Gluten Free Cakes and Bakes
Skinny Slabs	Healthy Brownies and Blondies

## Products

Natural body care by Ros	Body butter, hand butters, body oils, hand & foot scrubs, bath salts
Emma Blakeman	Lyla Belle, Crackling Candles, Wax Pots, Reed Diffusers & Lamps
Jill Foskett	Tropic Skin Care and information on treatments at My Serenity
Jo Driver	Oriflame Beauty
Kim Smith	Forever Living Aloe Vera
Lee Harris Design	Bespoke Yoga/Meditation Cushions, Fabric Eye Masks and Textile Pictures
Margaret Verrill	Arbonne - nutrition, skincare, bath and body, makeup
Paw-works	Health & Wellbeing Products for Pets
Peter Shelley	Tumble stones, palm and thumb stones, other varied crystal stones
Ramune Mimiene	Cats' scratch houses, cat toys, candles (in cat and flower forms), potted flowers, wildflower seeds
Simon Croke	MND charity - cards, diaries, calendars
Zoe Delikan	Candles, wax melts, burners, tealights and gifts
Clare W	Original artwork/pictures