

# TYPE 2 DIABETES AWARENESS EVENT

The Boat House, Arrow Valley Lake  
24th of May 12 - 2pm

Join us for helpful Information, advice,  
talks from experts and the health bus

**FREE CLASSES AT ABBEY STADIUM  
AND IN THE COMMUNITY**  
MONDAY 20TH - SATURDAY 25TH MAY

Mon 20th May	9.45AM	Move it or Lose It	Abbeyle Community Hall
Mon 20th May	7.05PM	Body Combat	The Abbey Stadium
Tue 21st May	12.00PM	Tai Chi for Heart Health	The Bridge Community Club
Tue 21st May	6.30PM	Boxfit	The Abbey Stadium
Wed 22nd May	9.15AM	Sh'Bam	The Abbey Stadium
Wed 22nd May	11.00AM	Abbey Track Health Walk	The Abbey Stadium
Wed 22nd May	6.15PM	Body Combat	The Abbey Stadium
Thu 23rd May	10.15AM	Sh'Bam	The Abbey Stadium
Thu 23rd May	1.00PM	Joint Effort	The Windmill Centre
Thu 23rd May	6.15PM	Les Mills Dance	The Abbey Stadium
Fri 24th May	6.30PM	Rounders	The Abbey Stadium (field)
Sat 25th May	9.30AM	Body Jam	The Abbey Stadium
Sat 25th May	10.30AM	Body Combat	The Abbey Stadium

 RUBICON  
LEISURE

 ABBEY  
STADIUM

 ARROW VALLEY  
VISITOR CENTRE

 FORGE MILL  
NEEDLE MUSEUM

 PALACE  
THEATRE

 PITCHEROAK  
GOLF COURSE

SUPPORTED BY  
REDDITCH BOROUGH COUNCIL

 making  
a  
difference

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