



Programme: 8 March 2011 Stretford Leisure Centre

9.30am to 4pm Free Information & Advice stalls Main Sports Hall with Military Pride Exhibition through Imperial War Museum North

Stalls to include:

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| 1. Victim Support | 8. Trafford Council Revenues and Benefits | 19. Trafford Housing Trust |
| 2. Trafford Rape Crisis | 9. VCAT | 20. Pathways CIC |
| 3. Phoenix Futures | 10. Sustainability | 21. Imperial War Museum |
| 4. Trafford Women's Aid | 11. Waterside Arts Centre | 22. Sport Trafford |
| 5. Drugs, Alcohol & Domestic Abuse | 12. Love Food Hate Waste | 23. TUF*C |
| 6. Trafford Wheelers | 13. Roupa Kaur | 24. DanceSyndrome |
| 7. Children & Young People's Information Service | 14. New Way Forward | 25. GMPA |
| | 15. Trafford HR | 26. Adult Social Services |
| | 16. Trafford College | 27. Relaxing Retreats |
| | 17. Lets Go Global | 28. Stop Smoking |
| | 18. Police Service | 29. Trafford Cancer Outreach Programme |

Free Health & Wellbeing Activities

10am to 4pm Women's Gym

Inductions/fitness testing

10.30am to 11.00am

DanceSyndrome

11.00am Women only Health Walk

11am to 11.30am Women only

Stretch Class

12pm to 1pm Women only Swim - small pool

1pm Women only Nordic Health Walk

2pm to 2.30pm Women only

Spinning

7pm to 8pm Women only Swim

Trafford Wheelers & Relaxing Retreats throughout the day

Free Healthy Cooking Demonstrations

STARTERS	MAIN COURSES	SNACKS	DESSERTS
SWEET POTATO & LENTIL DIP WITH PITTA	CHINESE QUORN, VEGETABLE & NOODLE STIR FRY – SZECHUAN STYLE	MUSHROOM PATE & PITTA SLICES	APPLE DROP SCONES WITH CRÈME FRAICHE
HOMEMADE SOUP WITH HOMEMADE MULTI GRAIN BREAD		SPRING VEGETABLE FRITTATA & SALSA SAUCE	MIXED BERRY GRANOLAS
10.30am	12.00pm	1.30pm	3.00pm

Sale Leisure Centre

- Pilates: 11:00 – 12:00
- Spinning: 12:30 – 13:00

