

Lothian Healthy Hearts Day
Wednesday, 7 June 2006, 3.00pm to 7.00pm
Royal Commonwealth Pool, Dalkeith Road, Edinburgh

PROGRAMME DETAILS

TIME	COMMONWEALTH ROOM	CRECHE	LINK CORRIDOR 1	LINK CORRIDOR 2	POOL	OTHER	
3.15PM TO 4.00PM	Yoga	Exercise to Bhangra (Women Only)	Save a Life Learn CPR	Line-Dancing		Pulse Centre Tour	Hand, Shoulder & Neck Massage Limited Places Book at Welcome Desk
4.00PM TO 4.45PM	Healthy Hearts Ask the Panel	Asian Food Demonstration & Tasting	Save a Life Learn CPR	Gentle Exercise (Mixed)	Aquafit		
4.45PM TO 5.30PM	Tai Chi	Asian Food Demonstration & Tasting	Yoga			Pulse Centre Tour	
5.30PM TO 6.15PM	Healthy Hearts Ask the Panel	Pilates & Relaxation	Healthy to the Core				
6.15PM TO 7.00PM	Belly Dancing	Pilates & Relaxation	Gentle Exercise (Mixed)				