

# UP active Health Week

## Saturday 16th September - Family Sports Day

10am. Seedhill Athletics and Fitness Centre, Nelson

All the family are invited to join in the fun, games, competitions and activities. Teams of six will compete in a number of traditional sporting challenges, including 100m, 200m, high jump, long jump, javelin, welly throw, 3-legged race, egg and spoon race, tug of war and a relay race. There will also be a penalty shoot-out, games, activities, face-painting and a bouncy castle for the youngsters.

## Monday 18th September - Weight Management Roadshow

9am - 3pm. Yarnspinners Health Centre, Nelson

Information around weight management, health, well-being and Up & Active's services and programme.

## Tuesday 19th September - Weight Management Roadshow

9am - 3pm. Colne Health Centre, Colne

Information around weight management, health, well-being and Up & Active's services and programme.

## Wednesday 20th September - Healthy Eating/Green Day

10am - 3pm. The Good Life, Hodge House Allotments, Reedyford Road, Nelson

Open Day with cookery demonstrations, grow your own workshops, craft sessions and a smoothie bike.

## Thursday 21st September

**Walking Activities** 10am. Barley Car Park Group walk up Pendle Hill.

**Weight Management** 9am - 1pm. Earby Surgery Information around weight management, health, well-being and Up & Active's services and programme.

**Health Checks** 5.30pm. Primet Academy, Colne

**Walking Football Tournament** 6pm - 9pm. Primet Academy, Colne (open to all ages - 18+)

**Your Mile Your Way Challenge** Across Lancashire

## Friday 22nd September - School Workshops

Key Stage 2 pupils will learn about weight management and healthy eating combined with fun games and activities.

## Saturday 23rd September - Tai Chi in the Park / Health Checks

12pm - 1pm. Victoria Park, Nelson

## Sunday 24th September - Pedal Pendle

10am. Steven Burke Cycle & Sports Hub, Barrowford

Up & Active stand with information and activities with adapted bikes.

For more information on any of the activities:

Email: [info@upandactive](mailto:info@upandactive) Online: [upandactive.co.uk](http://upandactive.co.uk) Call Us: 01282 661226