

New Year, New You!

Tring Library, in association with local practitioners, presents a week of **FREE**, fun health and wellbeing activities, displays, information and advice for children, families and adults. Come and find out what is available to you locally.

Monday 22 January – Saturday 27 January 2018

Tring Library, High Street, Tring HP23 4AF

Further details and to book: 0300 123 4049 or call in to the Library.

Monday 22 January

10.30-11.00

Toddler Tales

Our regular weekly session led by Library Staff, this week with a feelgood theme!

11.00-12.00

Healthy snacking

Drop in and get advice and information from registered dietitian and author Penny Doyle about healthy snacking for all ages and for clinical conditions.

2.00-4.00

Stop smoking

Want to stop smoking? Drop in for friendly advice from Rooneys Pharmacy who have lots of useful materials that will help you kick the habit.

Tuesday 23 January

4.00-4.30

Children's yoga and meditation session (Ages 4-11) with Kate Atkinson

A taster! Local classes are available.

Wednesday 24 January

10.00-12.00

Mood Boosting Book Walk

Borrow your copy of "The Curious Charms of Arthur Pepper" from Tring Library then join our short walk to discuss the book with library staff and fellow participants. Refreshments afterwards at the library.

Social, healthy and fun! Plus information about local health walks.

BOOK NOW & PICK UP YOUR COPY OF THE BOOK TO READ IN ADVANCE!

Thursday 25 January

11.00-12.00

Manage your stress + Body M.O.T.

Come to a talk by Kim Harries about stress management and get Angella Wagner's body MOT - a practical demonstration of how changing your posture can make you feel great! Don't miss this session if you suffer from stress or from lower back pain!

BOOK WELL IN ADVANCE TO MAKE SURE YOU GET A PLACE!

1.00-3.00

Mini Hand Massage/Pre-school craft activity/Art Bag Creative Therapy

Drop in and have a mini hand massage or do something artistic with a page out of an old book or bring your little one to a craft activity with an elephant theme. Or why not do all three!

The Spring Centre (Hospice of St Francis) which is running these activities will also have information about other activities at the Centre..

Friday 26 January

10.30-11.00

Baby Rhyme Time

Learn rhymes and songs to share with your baby at our regular weekly session - a great way to connect with your child. There are board books to be borrowed - so make sure your baby has a library card.

Check out our books to help bring up a happy, healthy family.

Saturday 27 January

ALL DAY

Tring Wellbeing Community Stall

Find out about local wellbeing practitioners and the wealth of activities and services on offer locally.

10.00-12.00

Exercise bike tasters

Have a go on an exercise bike (13yrs upwards) and find out from Adam Ben of On the Limit Gym what else is on offer at the gym

3.00-3.40

Family Yoga and Meditation

Family yoga and meditation session with Kate Atkinson. Bring the children/grandchildren. Come and have a go!

THROUGHOUT THE WEEK

- **Leaflets and information about local health and wellbeing activities and services.**
- **Discover Hertfordshire Libraries' Reading Well collection and wellbeing books.**
- **Check out our healthy eating, sports, exercise, cookery and diet books.**
- **Relax with a library book/audiobook/ebook - find out about library online services.**
- **Find out about online health information and do a quiz!**
- **Carers - give yourself a break - get a Carer's library membership Card.**