

Farnham Health and Wellbeing Day talks timetable



11am	How to prevent injuries – Clare Park Physiotherapist
11.15am	Come along and have a go at playing the ukulele!
11.30am	Dementia – a brief insight
11.45am	First Aid top tips from our experienced paramedic
12pm	Watch a CPR demo and give it a go
12.20pm	Come along and have ago at playing the ukulele!
12.40pm	How to prevent injuries – Clare Park Physiotherapist
1pm	Come along and have a go at playing the ukulele!
1.20pm	Watch a CPR demo and give it a go
1.40pm	Watch a Tai Chi demo and have a go yourself
2pm	Watch a CPR demo and give it a go
2.20pm	First Aid top tips from our experienced paramedic
2.40pm	To be confirmed