



DORCHESTER PICNIC IN THE PARK

LIVING WELL, LOVING NATURE



Grab a picnic and join us at

BOROUGH GARDENS

18TH MAY

11-3PM



EVENT TIMETABLE

Activities around the gardens include:

- Litter Picking
- Table Tennis
- Outdoor Gym
- Dorset Forest Schools
- Nature Facepainting
- Health MOT's
- Trumper Try-Out
- Nature Selfies
- and many more...



For more information on the event find us on Facebook;
search 'Picnic in the Park Dorchester'



*Pick up and complete one of our feedback forms at the event for a chance to win.

Sign up for activities at the Picnic in the Park stand.

TIME	LIVE MUSIC	GREEN Next to Bandstand	AROUND THE GARDEN Meet at the Picnic in the Park stand
11.00	Pop Club		
11.15		Nordic Walking Total body walking using specially designed walking poles	
11.30	Hamish Jeffcott		Mindfulness Walk Walking whilst clearing your mind of clutter and restoring your sense of focus
11.45			
12.00		Park Yoga Connecting people to nature through relaxing outdoor yoga	
12.15	Mark Storey		Dorchester Strollers Sociable walk led by Walking for Health
12.30			
12.45		Band HIIT High intensity interval training using mini loop resistance bands	
1.00			Sing and Stroll Combining the benefits of walking, singing in a group and being out in nature
1.15			
1.30		Zumba Dance performed to energetic music	
1.45			Plogging Jogging whilst picking up litter
2.00	Hamish Jeffcott		
2.15			
2.30		PiYo Blend of Pilates and Yoga	Mindfulness Walk Walking whilst clearing your mind of clutter and restoring your sense of focus
2.45			
3pm	END	END	END

