

arcola green sundays

entertainment and inspiration for the ecologically curious

Join us at Arcola Theatre on the first Sunday of every month for a relaxed afternoon exploring how and why to make our planet greener.

From practical workshops to live performance to engaging debate - there's fun for all, whatever your age or experience. **Coming up...**

Sunday 7 February 2010 1pm - 7pm FREE

Well-being, Health and Happiness

Unless otherwise stated, all activities will be held in the café bar

Full details can be found at www.arcolatheatre.com/gs

1 – 4pm: Feel good

Lunch and networking

NHS health checks*

Make your own natural beauty products with Fab Cat on Oats girls

1 – 3.30pm Studio 3: Free massage with Hands Inc

3pm Introduction to the work of Mindapples and the New Economics Foundation's Five Ways to Well-Being

3.20pm: Connect, Be Active and Give

Talk by Hackney Voluntary Action

3.30pm: Games with Briony Greenhill from the Fun Fed

4 – 5pm Studio 3: Sing your Socks off with Maya Waldman

4 – 4.30pm: Planetellas - Live music

4.30 – 5.15pm: Mindapples Workshop

5-a-day for your mind

5.15 – 6pm Studio 3: Laughter Workshop

5.15pm Short film programme

Including a trailer of *Gross National Happiness* presented by Michael Rutland OBE, the former tutor to the Fourth King of Bhutan

6pm – 6.45pm Talk by Michael Rutland OBE, about the concept of Gross National Happiness

Q&A and audience led discussion

*to be eligible for the NHS health check you need to be a Hackney resident and 40+. For those who aren't eligible for the full check a blood pressure check will be available

For further information contact greensundays@arcolatheatre.com

020 7503 1645

1 – 7pm FREE

All are welcome, please drop in at any time throughout the day.

27 Arcola Street, Dalston E8 2DJ

Visit tfl.gov.uk for walking, cycling and public transport routes to Arcola.

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arcola
theatre