Norfolk Federation of WIs Charity No: 1201046

Arts & Leisure Committee

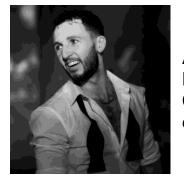
Fitness, Food and Fun

Poppy Hall, Stalham, NR12 9BJ

Thursday 12th September 2024

10.30am – 3.30pm

£30



Morning fitness - Luke Miller

At a young age Luke feature on Britain's Got talent as a ballroom and Latin act, he has also assisted with choreography for BBC's Strictly Come dancing. More recently Luke partnered Shirley Ballas in many events including the NTA Awards in London's O2 arena

Lunch - Ham or Cheese, New potatoes, salad & Coleslaw

Selection of Deserts

provided by the local WI

Afternoon fun – Stephen Emer with a Singing Workshop

Stephen is a full-time musician who has been singing professionally for nearly 20 years. In this workshop he will be leading some gentle breathing and relaxation exercises before leading an interactive singing workshop with well-known and fun songs



Fitness, Food and Fun 12 th September 2024	Fitness,	Food and	l Fun 12 th	¹ September	[,] 2024
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Name:	Tel No
Address	
	Postcode
e-mail	
Ham 🛛 Cheese	
Please list all members atter	nding overleaf & any allergens or special dietary requirements
I/We wish to apply for	tickets @ £30 each, total £
Please return to Evelyn Suffield I	NFWI on the reverse please write "Fitness" and the name of your WI. House, 45 All Saints Green, Norwich NR1 3LY e 08-92-99 Account No. 65431449 with your Surname and "Fitness"
Applications will receive email co your application form	nfirmation only, if you require a posted ticket please Include a SAE with
Please bring ticket or email co	nfirmation with you
FOR OFFICE USE ONLY	ease do not staple cheques to this form
Date received	AmountP □ I □ BACS □ Cash □
Date tickets sent	Post D Email D By Hand
Fi	tness, Food and Fun 12 th September 2024
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Names	Allergen/Dietary Requirements