Norfolk Federation of WIs Charity No: 1201046

Arts & Leisure Committee

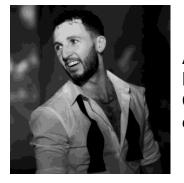
# Fitness, Food and Fun

## Poppy Hall, Stalham, NR12 9BJ

### Thursday 12<sup>th</sup> 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 <sup>th</sup> September 2024 | Fitness, | Food and | l Fun 12 <sup>th</sup> | <sup>1</sup> September | <sup>,</sup> 2024 |
|---|----------|----------|------------------------|------------------------|-------------------|
|---|----------|----------|------------------------|------------------------|-------------------|

|   | WI   |
|---|--|
| 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.<br>House, 45 All Saints Green, Norwich NR1 3LY<br>e 08-92-99 Account No. 65431449<br>with your Surname and "Fitness" |
| Applications will receive email co<br>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 <sup>th</sup> September 2024  |
| <u> </u>  | WI   |
| Names   | Allergen/Dietary Requirements  |
|   |  |
|   |  |
|   |  |
|   |  |
|   |  |
|   |  |