

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



Tickets allocated from 1st August 2024

