



# Live Life Well!

## CHELTENHAM'S FIRST EVER WELLBEING FESTIVAL IS COMING THIS SEPTEMBER

We are thrilled to be able to announce that we will be bringing the first ever Cheltenham Wellbeing Festival to the town this September.

Across 7 days from the 9<sup>th</sup> – 15<sup>th</sup> September 2019, the Cheltenham Wellbeing Festival will be a week-long celebration of wellbeing which aims to help local people, live life well.

We have partnered with over fifty businesses across the town and beyond, to bring together a community of experts from the local area and beyond, and give you the chance to access a wide variety of [Fitness Classes](#), health and wellbeing services, [Talks](#) from leading experts and a host of [Workshops and Events](#) that will inspire, educate and entertain visitors.

Split across four sections, this festival will provide access to a variety of Cheltenham's best services and products:



### 1. GET YOUR BODY MOVING WITH OUR ACTIVE PASS

Our exciting programme of fitness classes in our [Active Pass](#), will give you the chance to sample Cheltenham's best workouts and ways to move with some exciting festival exclusives.

Whether you're looking to push yourself to new limits, stretch and tone, or move your body in different ways, we have partnered with over 15 fitness clubs, private trainers and studios across Cheltenham who will open sessions for you to try across the week.

Choose from: Yoga, Pilates, Barre, Climbing, Martial Arts, CrossFit, HIIT, Spinning, Running, Swimming, Tennis and much more. Get ready to take part in a range of activities guaranteed to raise the heart rate.

### 2. LEARN FROM THE EXPERTS IN OUR TALKS & SEMINARS

The Cheltenham Wellbeing Festival will play host to a unique line-up of [talks](#), panel discussions and seminars, hosted by some of the UK's leading industry experts: from 'Live 101' with Dr Dawn Harper, 'The Science of Self-Healing' with Dr Jeremy Howick, 'The Mask of Masculinity' with Ben Bidwell, 'How to Find Your Inner Joy' with Laura Jane Williams, 'How to be a Dad' with Dr Oscar Duke, moving through the 'Menopause' with Dr Louise Newson, 'The Power of Connection' and much more. In our Main Stage Talks, In Conversation with Series and our Adventure Series, you will hear from a range of experts across a host of sectors to learn about all areas of wellbeing. You are guaranteed to feel enlightened, educated and entertained.



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## 3. CREATE, LEARN AND HAVE FUN: WORKSHOPS & EVENTS

Gain practical advice and learn new skills from local and national experts in our exciting programme of interactive [Workshops and Events](#). Come and discover our exciting schedule of workshops and events that bring together the very best wellbeing services and experts from across Cheltenham. Enjoy a wide range of exclusive experiences, learn new skills, and hear from some of your local experts on a variety of subjects across the whole spectrum of wellbeing.

You can expect inspirational breakfast and brunch events from **The Find, Woodkraft, 131, FLUID and Cheltenham Yoga & Pilates**, afternoon tea with our authors, as well as incredible pop-up supper clubs that will explore a variety of cooking methods, ingredients and spices, as well as organic and sustainable dining with **Russell James the Raw Chef, The Coconut Tree, The House at 131, The Curry Corner and The Find**, to help you nourish and feel well.

There will also be a chance to explore areas of health and wellbeing from a host of professional practitioners, on-hand to assist with your requirements. **From physical health, mindfulness, sex and relationships, as well as your career and financial wellbeing, we have something for everyone.**

### [WORKSHOP & EVENTS SCHEDULE LAUNCHING ON THE 20<sup>TH</sup> JUNE 2019](#)



## 4. INDULGE & TREAT YOURSELF WITH OUR TREATMENT PASS

Discover some of the very best practitioners, therapists, injury clinics, holistic therapists, treatments, pampering, beauty, spa, hair and grooming boutiques across Cheltenham with our Treatment Pass, giving you 15% off a range of services when you book between the 9<sup>th</sup> – 15<sup>th</sup> September for a treatment to be redeemed up to six months after the event.

### [TREATMENT PASS LAUNCHING JULY 2019](#)

## BOOK YOUR TICKETS TODAY

Whether it's trying a new fitness class, finding an activity group, seeking support on a health issue, achieving more balance or to simply indulge, the Cheltenham Wellbeing Festival will open the doors to the very best businesses and services in the area to help you live life well.

**The full Cheltenham Wellbeing Festival 2019 line-up of speakers, schedule of events and active pass classes will be announced on [www.cheltenhamwellbeingfestival.com](http://www.cheltenhamwellbeingfestival.com) in June 2019.**

Tickets to the Cheltenham Wellbeing Festival will vary across each area of the event, with some tickets individually priced. There will also be a range of FREE events open to the public so everyone can get involved in across the week.