

# Bro Ddyfi Keep Safe & Well Day.

Wednesday 18<sup>th</sup> February 2009

10am – 3pm

Bro Ddyfi Leisure Centre, Machynlleth

**A fun filled day for all the family**  
**Leave your money at home – the whole event is free!**

Come and see what various Groups and Organisations do to help **keep you safe and well**

**\*Most of the Exhibitors in the Main Hall will have Free Goodies whilst stocks last\***

**Prize Raffle - Healthy Food - Bouncy Castle - Face Painting**

**Wall Climbing – Swimming - Soft Play Area**

**Bowls - Children's Dance Tuition & Performance**

**Buggy Push / Walking / Bike Ride**

**(Bring sturdy shoes & sensible clothing inc waterproofs)**

**Yoga/Pilates for Children & Over 50's**

**Slippers for the Elderly**

**Sign up for Home Fire Safety Audits**

**Low Energy Light Bulbs & Power Down Plugs - Benefits Advice**

**+ Lots of other Free Activities, Demonstrations & Advice**

**Outdoor activities will depend on weather  
& might be subject to change**

**For information about the event contact:**

Cyril Breeze Evans

Bro Ddyfi Communities First 01654 700315

[Cyril@powys.gov.uk](mailto:Cyril@powys.gov.uk)