

EVENTS FEBRUARY 2019

#BBPChineseNewYear

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

Special Events

WC 4TH FEBRUARY 2019
"WELLBEING WEEK"

Venue: Park Management Office
Vouchers for massages, yoga, mindfulness, Pilates, Body Conditioning and an intro to the Outdoor Gym. First come first served, all activities free - collect from the Park Management Office.

TUESDAY 5TH FEBRUARY 2019
VALENTINES CHOCOLATE SALE

Time: 11.00am - 2.00pm
Venue: Waterside Pagoda

THURSDAY 7TH FEBRUARY 2019
CHINESE NEW YEAR EVENT

Time: 11.00am - 2.00pm
Venue: Waterside Centre
Free Dumpling King vouchers first come first served from the Park Management Office.

THURSDAY 7TH FEBRUARY 2019
SPECIAL LION DANCE

Time: 1.00pm
Venue: Waterside Centre
Come and see the Special Lion Dance Waterside to bring in the Chinese New Year with great spirit.

THURSDAY 7TH FEBRUARY 2019
INTRO TO THE 'OUTDOOR GYM'

Time: 12pm
Venue: Outdoor Gym Near Main Lake
Vouchers first come first served via the Park Management Office

FRIDAY 8TH FEBRUARY 2019
PAINTING WORKSHOP

Time: 12.30pm - 2.30pm
Venue: Unit 2030 The Crescent
A guided workshop for beginners - Paint your own Japanese Cherry Tree to take home and display - Free vouchers first come first served at the Park Management Office

Friday

22ND FEBRUARY 2019
FOODIE FRIDAY

Time: 11.00am - 2.00pm
Venue: Main Lake
"Meet our new foodie carts and your favourites for 2019"

Tuesday

EVERY TUESDAY
YOGA

Time: 12.30pm - 1.00pm
Venue: To book contact: berengh@me.com or 07759461416 directly

Thursday

EVERY THURSDAY
TWISTED KITCHEN

Wood fired pizzas
Time: 11.00am - 2.00pm
Venue: Main lake

EVERY THURSDAY
NADIA DAVIES FROM
SOLIHULL COLLEGE

Time: 11.00am - 3.00pm
Venue: Park Management Office - Waterside Centre
Business Elevator - FREE drop in session to support your small business growth via Training Needs Analysis

EVERY TUESDAY AND THURSDAY
THE RETREAT

Venue: Park Management Office - Waterside Centre
Beauty treatments, full massages, eyebrow waxing, shellac nails and toes, facials, reflexology, and waxing. Booked with Katie Millward
Booking by appointment only:
archiemax10@gmail.com - 07944 298947

EVERY THURSDAY
THE BODY SHOP AT HOME

Time: 11.00am - 2.00pm
Venue: Waterside Centre
Amazing products, great discounts and personal service.

7TH & 28TH FEBRUARY
MINDFULNESS

Time: 1.10pm
Venue: Park Management Office - Waterside Centre
"Mindfulness training could offer just what you're looking for; providing you with the ability to distance yourself from negative thoughts and feelings and building your personal resilience"
To book your place, please call Lorraine on 07516 936065 or e-mail: info@flourishhealthandwellbeing.com

Monday

EVERY MONDAY
"CHERISHED HEALTH"

Time: Book direct with Janemiller17@outlook.com 07480460054
Venue: Park Management Office
£12 for 15 minute massages (Back, Neck, Shoulder massage)

EVERY MONDAY
"RUNNING CLUB"

Time: 5.15pm - 6.15pm
Venue: Meet At The Waterside Pagoda
Contact Jack Brown jack.brown@capp.co for more information.

Wednesday

EVERY WEDNESDAY
PILATES

Time: 12.30pm - 1.30pm
6.15pm - 7.00pm
Contact: nicolaholmes_1985@yahoo.com

EVERY WEDNESDAY
BODY CONDITIONING

Time: 5.15pm - 6.00pm
Contact: nicolaholmes_1985@yahoo.com

EVERY WEDNESDAY
INTERNATIONAL SYNERGIES

Time: 11.00am - 2.00pm
Venue: Park Management Office
"We can provide up to 12 hours free consultancy services through a project to help your business to become more cost effective and resource efficient"

EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

@birmingham_bp

birminghambusinesspark

Birmingham Business Park

liz@birminghambusinesspark.co.uk

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