

EVENTS MARCH 2019

#BBPSpringInToAction

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

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

EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

 @birmingham_bp
 birminghambusinesspark
 Birmingham Business Park

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 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

14TH & 28TH MARCH
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

liz@birminghambusinesspark.co.uk

BIRMINGHAMBUSINESSPARK.CO.UK

Invested in You

Special Events

THURSDAY 21ST MARCH

FREE "SEED TO PLATE WORKSHOP"

Venue: Park Management Office
Time: 11:30am, 12:00pm, 12:30pm, 1:00pm
(20 min sessions)

Plant your own seeds and take away your very own mini propagator.

Contact Liz for bookings:
liz@birminghambusinesspark.co.uk

THURSDAY 14TH MARCH
COMMUNITY CYCLING CLUB

Time: 12.00am – 1.00pm
Venue: Waterside Centre
Discuss all things cycling, led bike rides, or bike with **free healthy lunch for attendees**

THURSDAY 21ST MARCH
SERVICE FOR RECRUITING

Time: 10:30am – 1.00pm
Venue: Park Management Office

My name is Sharon and I am one of the Employer Advisors based at Chelmsley Wood Job Centre Plus. We help employers in the B36, B37 and B46 areas with their recruitment. My aim is to get local people into local jobs.

We offer a range of free services such as:-

- Interview Facilities
- Vacancy Advertising
- Applicant sifting
- Social media advertising via Twitter
- Pre - Employment Training

THURSDAY 14TH MARCH
DUMPLING KING

Time: 11.00am – 2.00pm
Venue: Main Lake

Come and try Dumpling King along side all of the other fellow carts - Twisted Kitchen and Cropover Kitchen

Friday

29TH MARCH 2019
FOODIE FRIDAY

Time: 11.00am – 2.00pm
Venue: Main Lake

"Meet our new foodie carts and your favourites for 2019"