

Come along and celebrate  
100 years of

# International WOMEN'S DAY

**Saturday 12 March 2011**

**11am - 4pm**

THE PIAZZA  
PLYMOUTH  
CITY CENTRE

Find out  
more about  
getting healthier  
hearts and  
have a free  
Health  
MOT!

See over for  
details of events  
on the day

The logo for 'promise' features a stylized sunburst icon above the word 'promise' in a lowercase, sans-serif font. The 'p' is pink, and the remaining letters are dark blue.

For women of all ages, everywhere, at the **heart of their family** and **community**

The NHS Plymouth logo consists of the letters 'NHS' in white inside a blue square, with the word 'Plymouth' in a dark blue serif font below it.

# Come and join in the Fun & Activities

Hosted by the amazing **Karen Bayley**, comedienne

**Incredible circus skills** performed  
by **Wez** - throughout the day

- **11am** Phoebes' Cheerleaders
- **11.30** Ameera - belly dancing display
- **12.00** Zumba experience with Gemma
- **12.30** Comedy with Karen Bayley
- **1pm** Health walk- meet at Health Marquee
- **1.30** Belly dancing with Ameera
- **2.00** Zumba with Gemma
- **2.30** Pole dancing demonstration with Sam
- **3.00** Health walk meet at Health Marquee
- **3.30** Perform your circus skills with Rez
- **4.00** Comedy with Karen Bayley

**Close**

**Timings may be subject to change.**



**... We look forward to seeing you!**