



# Events in July

**all events are free!**

**Contact:** <http://foleshillfields.org> ● [info@foleshillfields.org](mailto:info@foleshillfields.org)  
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Thurs 1 <sup>st</sup>	2-4 pm <b>Out and About</b> in Hillfields Square – meet at FolesHillfields
Wed 7 <sup>th</sup>	10 am-12 noon <b>Women's Coffee Morning</b> Sharing healthy recipe ideas: children welcome – FolesHillfields
	2-4 pm <b>Open House: Health Checks &amp; Smoothies</b> Fun, friendliness and healthy chat! – FolesHillfields
Thurs 8 <sup>th</sup>	10:30-11:30 am <b>Women's Zumba Taster *</b> Fun, Latin-flavoured workout for women – <i>Cornerstone Centre</i>
	2-4 pm <b>Gardening for Health</b> – FolesHillfields
Mon 12 <sup>th</sup>	12:30-1:30 pm <b>Women's Salsa Taster #</b> Try out Salsa Dancing – for women – <i>Coventry Peace House</i>
Wed 14 <sup>th</sup>	10 am-12 noon <b>Circus Skills for Grown-Ups :o)</b> – FolesHillfields
	2-4 pm <b>Open House: What makes a healthy community?</b> Fun, friendliness and healthy chat! – FolesHillfields
Thurs 15 <sup>th</sup>	10 am-12 noon <b>Gardening for Health</b> – FolesHillfields
	2-4 pm <b>Health through the Radio!</b> Devise a fun local health campaign for radio with help from Roy Head, who has saved many lives through Health Information in the developing world – <i>for ages 16+</i> – FolesHillfields
Fri 16 <sup>th</sup>	9:30-12:30 pm <b>Basic Food Hygiene Course (Part 1)</b> Limited numbers: Booking required – call us! – FolesHillfields
Sun 18 <sup>th</sup>	1-3 pm <b>The FolesHillfields Big Lunch – meet your neighbours!</b> For Hillfields flats residents, and friends – FolesHillfields
Tues 20 <sup>th</sup>	12-2 pm <b>Women's Lunch</b> Eat & chat with other local women: children too! – FolesHillfields
	2-3 pm <b>Women's Healthy Walk</b> Enjoy an easy local walk with other women – FolesHillfields
Wed 21 <sup>st</sup>	2-4 pm <b>Open House: Nutrition &amp; Diabetes</b> Fun, friendliness and healthy chat! – FolesHillfields
Thurs 22 <sup>nd</sup>	9:30-12:30 pm <b>Basic Food Hygiene Course (Part 2)</b> Attendance on Friday 16 <sup>th</sup> required – CIEH L2 – FolesHillfields
	2-4 pm <b>Gardening for Health</b> – FolesHillfields
Wed 28 <sup>th</sup>	2-4 pm <b>Open House: Topic to be announced</b> Fun, friendliness and healthy chat! – FolesHillfields
Thurs 29 <sup>th</sup>	2-4 pm <b>Gardening for Health</b> – FolesHillfields

All at: FolesHillfields Vision Project, 6 Paul Stacey House, Bath Street, CV1 5GU  
 except for: \* Cornerstone Family Centre, Howard St, CV1 4GE  
 # Coventry Peace House, 311 Stoney Stanton Road, CV6 5DS