

EVENTS CALENDAR 2024

Q2

APRIL

MON 1st: RunFit

18:15 Meeting at the Bandstand. (Book via app)

SAT 13th: Breakout Games

14:00 (Book via app)

SAT 27th: Women's Health Series Seminar

11:30 Menopause (Book via app)

MAY

**FRI 3rd: The Science of Longevity:
Actionable Strategies to Enhance Health and Lifespan
19:30 with Dr. Amir Iqbal** (Book via app)

SAT 11th: Aberdeen Beach Park Run

09:20 Meet @ Donmouth nature reserve (Book via app)

JUNE

SAT 1st: Ben Avon

07:30 Meet @ Keiloch car park (Book via app)

SAT 22nd: Inter-Company Row Competition

(Email Hayley to find out more details)

SAT 29th: Summer Social (Book via app)

Some event details may be subject to change.

