

HAWICK

FESTIVAL OF WELLBEING



To coincide with the annual KEN LAIDLAW SPORTIF which starts and finishes at Volunteer Park, HAWICK'S FESTIVAL OF WELLBEING is to be held on SUNDAY 21st AUGUST 2022. The Festival will operate from 10.00am-4.00pm at Wilton Lodge Park in Hawick.

Lead organisations are Future Hawick, McLaughlin & Harvey, Hawick Community Pump Track and Hawick Cycling Club.

The Festival has been designed with everyone in mind. You are invited to come along, enjoy the day and make the most of the free activities which include:

CYCLE Speedway

Try **JUMP** Bikes

TRISHAWS in the park

E-BIKES & CARGO Bikes

Kids **TREASURE** hunt

Eco-education **ACTIVITIES** for All

LEARNING about the Hornshole Greenway

Children's **BOOK BUG** Sessions

GAZEBO VILLAGE for health, fitness, nutrition, wellbeing and holistic options

Walking **RUGBY**

WALKING Football

RUGBY

Pump **TRACK**

LIVE MUSIC from the bandstand

G10 SPORTS BUBBLE Football and **LAZER QUEST**

Ken Laidlaw **SPORTIF** being operated from Volunteer Park

