

UP FRONT 2011 EVENTS SCHEDULE



| Date | Topic | Speaker |
|-------------|---|---|
| 13 January | Up Front's 5 th Birthday  | Join us for cake, coffee and chit chat!  |
| 10 February | Reflexology and Massage | Angela Margetts |
| 10 March | Mad March Quiz | Sarah Still |
| 14 April | Cooking for Easter – demonstration and tasting | Danny Draper, Head Chef, Chiltern Hospital |
| 12 May | Breakthrough Breast Cancer – research and fundraising | Pippa Bannister |
| 9 June | Gynaecological side effects of breast cancer treatment | Dr Isobel Taylor |
| 14 July | Chit Chat / Summer Social | No speaker |
| 11 August | Relaxation & Gentle Yoga with Louise | Louise |
| 8 September | Beauty and Make-up | Frieda |
| 13 October | Ask the Consultants..... <i>your chance to ask those questions you always wanted answered</i> | Mr Giles Cunnick Dr Alan Makepeace Michelle Dutton |
| 10 November | Quiz night | Sarah Still |
| 8 December |  Christmas table decorations/holly wreaths | Up Front  |