



HEALTH & WELLNESS WEEK

14 - 22 March
2026

Nurturing mind, body and soul

Organised by



**Knutsford
Town Council**

Sponsored by



Designed by

 **bella**

belladesign.co.uk

WELCOME TO HEALTH & WELLNESS WEEK

Join us from 14–22 March as Knutsford comes together to celebrate community, health and wellbeing. The week kicks off with Re-Fresh Knutsford, a community fair showcasing local groups, clubs, classes and volunteer opportunities – alongside many of Knutsford's fantastic wellbeing businesses.

Across the week, enjoy free taster sessions, talks, workshops and special offers, and discover just how much Knutsford has to offer for mind, body and community.

AVAILABLE ALL WEEK

Stable Minds*

Free – drop in!

Mental Health Drop-In Service

Time: 9am – 12 noon, Monday – Friday
Location: 39-41 Princess St, WA16 6BW

www.stable-minds.co.uk

Knutsford Hearing Centre

Free

Hearing Health Awareness Appointments

Time: 10am – 4pm, Monday – Friday
Location: 4 Princess St, WA16 6DD

PLUS 10% Bespoke noise and leisure solutions for Hearing Health Awareness week.

www.knutsfordhearingcentre.co.uk

Book: info@knutsfordhearingcentre.co.uk

Satya Sanctuary*

March into Reformer Pass

Time: Various times
Location: 44-46 King St, WA16 6DT

Boutique Reformer Pilates classes in an intimate two-bed studio for just £11.

Book: www.satyasanctuary.co.uk

Carmichael Clinic of

Physiotherapy and Acupuncture

Free

MOT Musculoskeletal Problem Checks

Time: Various times, Monday – Friday
Location: 16A Princess St, WA16 6BU

A quick assessment and management advice. carmichael-physio.co.uk

Book: info@carmichael-physio.co.uk
Or call 01565 750035

Satya Sanctuary*

Wellness Week Pass

Time: Various times
Location: 44-46 King St, WA16 6DT

Covering all Satya Sanctuary classes during Wellness Week. £20.

Book: www.satyasanctuary.co.uk

Nxtepp Personal Training

5x Blocks of 3x Personal Training Sessions (5 per class)

Time: Various times
Location: 44-46 King St, WA16 6DT

Book: studio@nxteppersonaltraining.co.uk
Or call 01565 228 467

SATURDAY 14TH MARCH

Casbah Fitness*

Free

Boxing Classes (5 per class)

Time: 9am – 9.30am (Age 11-15)
9.30am – 10am (Adults)
Location: Canute Place WA16 6BQ

Book: jason@casbahfitness.co.uk

Clare and Illingworth
Optometrists

Free – drop in!

Dry Eye Drop-In Clinic

Time: 9am – 4pm
Location: 101 King St, WA16 6EQ

Find out more about dry eye and what can be done to treat it.

King Street Dental*

Free

Open Day – Complimentary Oral Health Checks

Time: 9am – 4pm
Location: 67A King St, WA16 6DX

Includes mouth cancer screening.
Free – refundable deposit will be required.

Book: reception@kingstreetdent.co.uk
Or call 01565 632 343

Helen Jones Nutrition

Free

Mini Health & Nutrition Consultations

Time: 9am – 5pm
Location: 44-46 King St, WA16 6DT

Consultations will take place at Satya Sanctuary. 45 mins personalised sessions.

Book: helen@helenjonesnutrition.com



Scan to find out more

*Locations marked with an asterisk are accessed upstairs (no lift)

Or visit: discoverknutsford.com/events

Elite Health

Free

Taster Massage Sessions (20 mins)

Time: 10am – 12 noon
Location: 14A Princess St, WA16 6BU

Book: info@elitehealth.co.uk
Or call 01565 625800

Re-Fresh Knutsford

Free – drop in!

Time: 11am – 2pm
Location: St Johns Church and Knutsford Methodist Church

Explore Knutsford community groups, clubs, classes and volunteer opportunities.

Roberta Beauty Redefined*

Dermalogica Neurosculpt 30 and Microneedling

Time: 1pm – 3pm
Location: 2 Minshull St, WA16 6HG

Neurosculpt £30 Microneedling £70 (intro price).

Book: info@robertabeautyredefined.com

SUNDAY 15TH MARCH

Casbah Fitness*

Free

Boxing Classes (5 per class)

Time: 9am – 9.30am (Age 11-15)
9.30am – 10am (Adults)
Location: Canute Place WA16 6BQ

Book: jason@casbahfitness.co.uk

Soul Reformer*

Free

Reformer Pilates Taster Session

Time: 12.30pm
Location: 125A King St, WA16 6EH

Book: info@soulreformer.co.uk

MONDAY 16TH MARCH



Clare and Illingworth
Optometrists

Free

Dry Eye Drop-In Clinic and Screening

Time: 10.30am – 3.30pm
Location: 101 King St, WA16 6EQ

Screening £20. www.theoptometrist.com

Booking preferred: 01565 632066
Some walk in availability

Elite Health

Free

Health Screening and Mini Massage Sessions

Time: 12 noon – 2pm
Location: 14 A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Casbah Fitness*

Free

30 minute Taster Circuit Training Class (5 per class)

Time: 1pm
Location: Canute Place WA16 6BQ

www.casbahfitness.co.uk

Book: jason@casbahfitness.co.uk

King Street Dental*

Free

Complimentary Oral Health Checks

Time: 1pm – 2pm
Location: 67A King St, WA16 6DX

Free – refundable deposit will be required.
www.kingstreetdent.co.uk

Book: reception@kingstreetdent.co.uk
Or call 01565 632 343

NC Health & Wellness

Free

Boost Your Energy – Practical Wellbeing Workshop

Time: 6.30pm
Location: The Secret Bar, The Lost &
Found, Princess St, WA16 6BY

www.nikkichamberlain.co.uk

Book: nikkichamberlain@live.co.uk or
boostyourenergyfor2026.eventbrite.co.uk

Satya Sanctuary*

Core Lab - Pilates Inspired Workshop

Time: 6.45pm – 7.45pm
Location: 44-46 King St, WA16 6DT

Designed to help you find your core. £12.

Book: www.satyasanctuary.co.uk

Judi Quirke Hypnotherapy*

Free

Rest and Reset – 30 minute Relaxation Sessions

Time: Various times
Location: Suite 7, 82A King St, WA16 6ED

www.judiquirke.com

Book: judi@judiquirke.com

Find your Backbone*

Free

The Alexander Technique – Posture & Gait Consultations

Time: Various times
Location: 125A King St, WA16 6EH

www.findyourbackbone.com

Book: james@findyourbackbone.com

Find out more at:
discoverknutsford.com/events

*Locations marked with an asterisk are
accessed upstairs (no lift)

TUESDAY 17TH MARCH



Tor Nutrition & Guided
Outdoor Adventures

Free

Guided Wellness Walk – Tatton Park

Time: 9.30am
Location: Tatton Park

www.guidedoutdooradventures.co.uk

Book: guidedoutdooradventures.co.uk

Clare and Illingworth
Optometrists

Free – drop in!

Nutrition for the Eyes – Advice Clinic

Time: 10.30am – 3.30pm
Location: 101 King St, WA16 6EQ

www.theoptometrist.com

Mum Club Cheshire East
x Satya Sanctuary*

Free

Mamma Barre

Time: 11am – 12.30pm
Location: 44-46 King St, WA16 6DT

Book: www.themumclub.com

Soul Reformer*

Free

Reformer Pilates Taster Session

Time: 1pm
Location: 125A King St, WA16 6EH

www.soulreformer.co.uk

Book: info@soulreformer.co.uk

Casbah Fitness*

Free

Over 60's 30 minute Taster Circuit Training Class

Time: 1pm
Location: 25-29 Canute Place WA16 6BQ

www.casbahfitness.co.uk

Book: jason@casbahfitness.co.uk

Elite Health

Free

Osteopathy Explained: What It Is And How It Can Help You

Time: 1pm – 1.30pm
Location: 14A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Elite Health

Free

Fitness Class (Limited spaces)

Time: 2pm – 3pm
Location: 14A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Sian Winslade Relationship Coach

Free

45 minute Relationship Coaching Sessions

Time: 3pm – 8pm
Location: Venue provided on booking

www.sianwinslade.com

Book: coaching@sianwinslade.com

Book: coaching@sianwinslade.com

York + Co.

Free

Women's Hormones – The Whole Shebang

Time: 7pm – 9pm
Location: Knutsford Market Hall,
Silk Mill St, WA16 6DF

With special guests from the world of
nutrition, exercise and health talking
candidly about Menopause.

Book: www.yorkandco.co.uk

BREAKDOWN OF ALL EVENTS



SATURDAY 14TH MARCH

- Re-Fresh Knutsford** | Drop in
- Clare & Illingworth Optometrists** | Dry Eye Drop-In Clinic | **Drop in**
- King Street Dental*** | Open Day – Complimentary Oral Health Checks | **Booking required**
- Helen Jones Nutrition** | Mini Health & Nutrition Consultations | **Booking required**

MONDAY 16TH MARCH

- Stable Minds*** | Mental Health Drop-In Service | **Drop in**
- Knutsford Hearing Centre** | Hearing Health Awareness Appointments | **Booking required**
- Clare & Illingworth Optometrists**
Dry Eye Drop-In Clinic & Screening | **Drop in / Booking for screening**
- Elite Health** | Health Screening & Mini Massage Sessions | **Booking required**
- King Street Dental*** | Complimentary Oral Health Checks | **Booking required**
- Judi Quirke Hypnotherapy*** | Rest & Reset – Relaxation Sessions | **Booking required**
- Find Your Backbone*** | Posture & Gait Consultations (Alexander Technique) | **Booking required**
- NC Health & Wellness** | Boost Your Energy – Practical Wellbeing Workshop | **Booking required**
- Satya Sanctuary*** | Core Lab – Pilates Inspired Workshop | **Booking required**
- Casbah Fitness*** | 30 minute Taster Circuit Training Class | **Booking required**

TUESDAY 17TH MARCH

- Tor Nutrition & Guided Outdoor Adventures**
Guided Wellness Walk – Tatton Park | **Booking required**
- Clare & Illingworth Optometrists** | Nutrition for the Eyes – Advice Clinic | **Drop in**
- Soul Reformer*** | Reformer Pilates Taster Session | **Booking required**
- Elite Health** | Osteopathy Explained: What it is & how it can help | **Booking required**
- Elite Health** | Fitness Class | **Booking required**
- Siân Winslade Relationship Coach**
45 minute Relationship Coaching Sessions | **Booking required**
- York + Co.** | Women’s Hormones – The Whole Shebang | **Booking required**
- Casbah Fitness*** | Over 60’s 30 minute Taster Circuit Training Class | **Booking required**
- Mum Club Cheshire East x Satya Sanctuary*** | Mamma Barre | **Booking required**

WEDNESDAY 18TH MARCH

- Soul Reformer*** | Reformer Pilates Taster Session | **Booking required**
- Nicola Parish** | Non-Linear Movement Method® Classes | **Booking required**
- Nicola Parish** | Reiki Healing Meditation | **Booking required**

- Elite Health** | Taster Massage Sessions (20 mins) | **Booking required**
- Elite Health** | Sports Massage – Legs | **Booking required**
- Casbah Fitness*** | 30 minute Taster Circuit Training Class | **Booking required**
- Judi Quirke Hypnotherapy*** | Rest & Reset – Relaxation Sessions | **Booking required**

THURSDAY 19TH MARCH

- Tomorrow Cardiovascular Wellness** | Free Resting ECGs | **Booking required**
- Clare & Illingworth Optometrists**
Nikon Lens Wear – Workplace Eyewear Clinic | **Booking required / Drop in**
- York + Co.** | Feeding Our Kids – Let’s Take The Pressure Off | **Booking required**
- Empower Dance** | Low-Impact Dance – Women’s Empowerment | **Booking required**
- Casbah Fitness*** | Over 60’s 30 minute Taster Circuit Training Class | **Booking required**

FRIDAY 20TH MARCH

- KClinic Dental** | Open Day – Tours, Demos & Goodie Bags | **Drop in**
- Roberta Beauty Redefined*** | Neurosculpt 30 & Microneedling 30 | **Booking required**
- Elite Health** | Osteopathy Explained: What it is & how it can help | **Booking required**
- Satya Sanctuary*** | Aerial Sound Bath | **Booking required**
- Satya Sanctuary*** | Shake the Dust | **Booking required**

SATURDAY 21ST MARCH

- Satya Sanctuary*** | Beginner’s Yoga Workshop | **Booking required**
- Satya Sanctuary*** | Group Reiki & Meditation | **Booking required**
- Casbah Fitness*** | Boxing Classes | **Booking required**

SUNDAY 22ND MARCH

- Satya Sanctuary*** | Yoga with Molly & Mo (Children’s Session) | **Booking required**

AVAILABLE ALL WEEK

- Stable Minds*** | Mental Health Drop-In Service | **Booking required**
- Knutsford Hearing Centre** | Hearing Health Awareness Appointments | **Booking required**
- Carmichael Clinic of Physiotherapy and Acupuncture**
MOT Musculoskeletal Problem Checks | **Booking required**
- Nxtepersonal Training**
5x Blocks of 3x Personal Training Sessions (5 per class) | **Booking required**

WEDNESDAY 18TH MARCH



Elite Health

Free

Taster Massage Sessions (20 minutes)

Time: 10am - 12 noon
Location: 14A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Nicola Parish

Free

Non-Linear Movement Method® Classes

Time: 10am and 6pm
Location: 1B Princess St, WA16 ONS

Movement therapy through body awareness.

www.nicola-parish.co.uk

Book: nicola@nicolaparish.com

Nicola Parish

Free

Reiki Healing Meditation

Time: 12 noon
Location: 1B Princess St, WA16 ONS

www.nicola-parish.co.uk

Book: nicola@nicolaparish.com



Image courtesy of Find Your Backbone

Casbah Fitness*

Free

30 minute Taster Circuit Training Class (5 per class)

Time: 1pm
Location: Canute Place WA16 6BQ

www.casbahfitness.co.uk

Book: jason@casbahfitness.co.uk

Soul Reformer

Free

Reformer Pilates Taster Session

Time: 1pm
Location: 125A King St, WA16 6EH

www.soulreformer.co.uk

Book: info@soulreformer.co.uk

Elite Health

Free

Sports Massage – Legs

Time: 2pm - 4pm
Location: 14A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Judi Quirke Hypnotherapy*

Free

Rest and Reset – 30 minute Relaxation Sessions

Time: Various times
Location: Suite 7, 82A King St, WA16 6ED

www.judiquirke.com

Book: judi@judiquirke.com

THURSDAY 19TH MARCH



Clare and Illingworth Optometrists

Free

Nikon Lens Wear – Workplace Eyewear Clinic

Time: 9am – 4pm
Location: 101 King St, WA16 6EQ

www.theoptometrist.com

Book: 01565 632066

Casbah Fitness*

Free

Over 60's 30 minute Taster Circuit Training Class

Time: 1pm
Location: Canute Place WA16 6BQ

www.casbahfitness.co.uk

Book: jason@casbahfitness.co.uk

York + Co.

Free

Feeding Our Kids – Let's Take The Pressure Off

Time: 7pm
Location: Knutsford Market Hall

With special guests Emma from the Mum Club Cheshire East and Marianna Sheppard - Nutrition Therapist, to talk about all things infant and child food.

Book: www.yorkandco.co.uk

Find out more at:
discoverknutsford.com/events

*Locations marked with an asterisk are accessed upstairs (no lift)

Tomorrow Cardiovascular Wellness

Free

Free Resting ECGs

Time: Various times
Location: 7A Regent St, WA16 6GR

www.tomorrowwellness.com

Book: info@tomorrowwellness.com

Empower Dance

Free

Beginners Low-Impact Dance – Women's Empowerment

Time: 7pm - 8pm
Location: Booths Park, Building 5 WA16 8GS

www.empowerdance.co.uk

Book: holly@empowerdance.co.uk
Or www.empowerdance.co.uk/events



Image courtesy of Mum Club Cheshire East

FRIDAY 20TH MARCH



KClinic Dental

Free - drop in!

Open Day - Tours, Demos and Goodie Bags

Time: 10am - 1pm & 2pm - 4pm
Location: 7 Windsor Way, WA16 6JB

www.kclinic.co.uk

Roberta Beauty Redefined*

Neurosculpt 30 and Microneedling 30

Time: 1pm - 3pm
Location: 2 Minshull St, WA16 6HG

Neurosculpt £30
Microneedling £70 (intro price)

www.robortabeautyredefined.co.uk

Book: info@robortabeautyredefined.com

Elite Health

Free

Osteopathy Explained: What It Is And How It Can Help You

Time: 1pm - 1.30pm
Location: 14A Princess St, WA16 6BU

www.eliteh.co.uk

Book: info@elitehealth.co.uk
Or call 01565 625800

Satya Sanctuary*

Shake the Dust

Time: 6pm - 7pm
Location: 44-46 King St, WA16 6DT

A music-led movement experience helping release stress and reconnect with joy, embodiment and play. £12.

www.satyasanctuary.co.uk

Book: www.satyasanctuary.co.uk

Satya Sanctuary*

Aerial Sound Bath

Time: 7pm - 8pm
Location: 44-46 King St, WA16 6DT

£15. www.satyasanctuary.co.uk

Book: www.satyasanctuary.co.uk

Find out more at:
discoverknutsford.com/events

*Locations marked with an asterisk are accessed upstairs (no lift)

SATURDAY 21ST MARCH



Casbah Fitness*

Free

Boxing Classes (5 per class)

Time: 9am - 9.30am (Age 11-15)
9.30am - 10am (Adults)
Location: Canute Place WA16 6BQ

www.casbahfitness.co.uk

Book: jason@casbahfitness.co.uk

Satya Sanctuary*

Free

Beginner's Yoga Workshop

Time: 11am - 12 noon
Location: 44-46 King St, WA16 6DT

www.satyasanctuary.co.uk

Book: www.satyasanctuary.co.uk

Satya Sanctuary*

Free

Group Reiki & Meditation

Time: 1.30pm - 2.30pm
Location: 44-46 King St, WA16 6DT

Book: www.satyasanctuary.co.uk



Image courtesy of Satya Sanctuary

SUNDAY 22ND MARCH

Satya Sanctuary*

Free

Yoga with Molly & Mo (Children's Session)

Time: 10am - 11am
Location: 44-46 King St, WA16 6DT

An interactive reading of instructor Monique Qureshi's first children's book - Playful Poses for Peaceful Minds.

Book: www.satyasanctuary.co.uk





TOWN CENTRE LOCATIONS

- | | | |
|---|--|--------------------------------------|
| 1 Knutsford Hearing Centre | 7 Soul Reformer & Find your Backbone* | 12 York + Co. |
| 2 Elite Health | 8 Nxtep Personal Training | 13 Knutsford Methodist Church |
| 3 Carmichael Clinic of Physiotherapy and Acupuncture | 9 Clare and Illingworth Optometrists | 14 Nicola Parish |
| 4 Casbah Fitness* | 10 Judi Quirke Hypnotherapy* | 15 King Street Dental* |
| 5 Stable Minds* | 11 Tomorrow's Cardiovascular Wellness | 16 The Lost & Found |
| 6 Roberta Beauty Redefined* | | 17 Satya Sanctuary* |
| | | 18 St John's Parish Church |

Not displayed on map: Tor Nutrition & Guided Outdoor Adventures, WA16 6SG | KClinic Dental Practice, WA16 6JB | Empower Dance, WA16 8GS

*Locations marked with an asterisk are accessed upstairs (no lift)