



Courses Programme, July to December 2017

Healthy Living Project Groups/Classes - To book your place or find out more - Tel 0131 653 1080 or email healthyliving@changeschp.org.uk or book via CHANGES Website www.changeschp.org.uk. Please Note: many of the activities you can join at any point during the block – please contact for details.

<u>Course</u>	<u>Start Date</u>	<u>Time</u>	<u>Location</u>	<u>Duration</u>
Singing for Fun * (£1 contribution per week)	Friday 14th July	10:30am - 12 noon	Fisherrow, Musselburgh	Ongoing
Tai Chi * (£4 contribution per week)	Mondays - Please contact for details	10:30am - 11:30am	Fisherrow, Musselburgh	Ongoing
Musselburgh Gentle Walks (30-40 minute walks)	Tuesday 22nd August	2:00pm - 3:00pm	Brunton Hall, Musselburgh	10 weeks
Musselburgh Saturday Walks	Saturday 2nd September	10:30am - 12:15pm	Sports Centre, Musselburgh	10 weeks
Haddington Monday Walks	Monday 4th September	10:00am - 11:45am	Aubigny Sports Centre, Haddington	10 weeks
Prestonpans Tuesday Walks	Tuesday 5th September	10:00am - 11:45am	Community Centre, Prestonpans	10 weeks
Musselburgh Wednesday Walks	Wednesday 6th September	10:00am - 11:45am	Sports Centre, Musselburgh	10 weeks
Dunbar Friday Walks	Friday 29th September	10:00am - 11:45am	Bleachingfield Centre, Dunbar	10 weeks
Cycling for Health Wednesday Group	Wednesday 30th August	10:00am - 11:30am	Lewisvale Park, Musselburgh	6 weeks
Cycling for Health Thursday Group	Thursday 31st August	10:00am - 11:30am	Lewisvale Park, Musselburgh	6 weeks
Cycling for Health Sunday Group	Sunday 3rd September	10:00am - 11:30am	Lewisvale Park, Musselburgh	6 weeks
Gentle Exercise to Music	Wednesday 20th September	3:00pm - 4:00pm	Fisherrow, Musselburgh	10 weeks
Eat Well-Keep Active	Tuesday 14th November	10:00am - 12:30pm	Congregational Church, Musselburgh	6 weeks

* All courses/groups are **free of charge** except for Singing for Fun and Tai Chi. A weekly contribution is requested for these two groups.

Feel Good Walks East Lothian – weekend group walks supported by CHANGES. Sign up via Meet-Up Group website <http://www.meetup.com/EastLothianFeelGoodWalks/> or www.tiny.cc/elfgw or Google East Lothian Feel Good Walks for link.

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