

CHANGES - Healthy Living Project

Groups/Classes Programme - January to March 2018

All groups/classes are **free of charge**, with exception of Tai Chi which has a £4 per week contribution and Singing for Fun which has a £1 per week contribution

To book your place or find out more, please call Heather on 0131 653 1080 or email healthyliving@changeschp.org.uk or visit CHANGES Website www.changeschp.com for more details

No	Course	Date	Time	Venue	Duration
1	Singing For Fun	Fridays, starting January, 2018 – contact for details	10.30 am – 12 noon	Fisherrow Centre, Musselburgh	Ongoing
2	Branching Out* (see details below)	Thursdays, January, 2018 – please contact for details	11.30 am – 3.30 pm	Carberry, Musselburgh	12 weeks
3	Gentle Exercise To Music	Wed 17 th January, 2018	3.00 pm – 4.00 pm	Fisherrow Centre, Musselburgh	10 weeks
4	Musselburgh Sat Walks	Sat 10 th Feb, 2018 (Walks - 45 min to over an hour)	10.30 am	Musselburgh Sports Centre	10 weeks
5	Prestonpans Tue Walks	Tue 13 th Feb, 2018 (Walks - 45 min to over an hour)	10 am	Prestonpans Community Centre	10 weeks
6	Dunbar Fri Walks	Fri 16 th Feb, 2018 (Walks - 45 min to over an hour)	10 am	Bleachingfield Centre, Dunbar	10 weeks
7	Eat Well-Keep Active Course	Tue 20 th Feb, 2018	10 am – 12.30 pm	Musselburgh	6 weeks
8	Haddington Mon Walks	Mon 26 th Feb, 2018 (Walks - 45 min to over an hour)	10 am	Aubigny Sports Centre	10 weeks
9	Gentle Tue Walks	Tue 6 th March, 2018 (Walks – 30 min to 45 min)	2 pm	Brunton Hall, Musselburgh	10 weeks
10	Musselburgh Wed Walks	Wed 7 th March, 2018 (Walks - 45 min to over an hour)	10 am	Musselburgh Sports Centre	10 weeks
11	Cycling Wed Group	Wed 14 th March, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
12	Cycling Thu Group	Thu 15 th March, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
13	Cycling Sun Group	Sun 18 th March, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
14	Nordic Walks**	Tue 20 th March, 2018	2 pm – 3.30 pm	Musselburgh or Port Seton	8 weeks

***Branching Out** is an outdoor activity programme developed by the Forestry Commission and offers a variety of activities including, bushcraft, photography, willow weaving and environmental art. Transport is provided from Musselburgh and the sessions are held at Carberry Estate, Musselburgh. Previous participants have reported improvements in their confidence, self-esteem, motivation, and sense of achievement from being part of this group programme.

****Nordic Walking** uses a particular type of pole that reduces pressure on the knees and joints, uses 90% of the skeletal muscles and is ideal for all ages and abilities, including participants who wish to improve their balance and reduce the risk of falls. The sessions incorporate a warm up and aerobic section together with a cool down and stretches at the end. Please contact for details – Nordic walking poles supplied.

East Lothian Feel Good Walks and Other Social Activities – please see details below and sign via website link:-

15	Feel Good Walks Visit website for details →	http://www.meetup.com/East-Lothian-Feel-Good-Walks/ or www.tiny.cc/elfgw (you can also find this group by putting East Lothian Feel Good Walks into a Google search engine)
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Groups Run in Partnership (£4.00 per week participant contribution to these sessions)

16	Tai Chi	Monday - please contact for details	10.30 am – 11.30 am	Fisherrow Centre, Musselburgh	Ongoing
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