

## CHANGES - Healthy Living Project

### Groups/Classes Programme – April to December 2018

All groups/classes are **free of charge**, with exception of Tai Chi which has a £4 per week contribution and Singing for Fun and Beginners Ukulele 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](mailto:healthyliving@changeschp.org.uk) or visit CHANGES Website [www.changeschp.com](http://www.changeschp.com) for more details**

No	Course	Date	Time	Venue	Duration
1	Singing For Fun	Fridays, please contact for details	10.30 am – 12 noon	Fisherrow Centre, Musselburgh	Ongoing
2	Prestonpans Tue Walks	Tue 22 <sup>nd</sup> May, 2018 (Walks - 45 min to over an hour)	10 am	Prestonpans Community Centre	10 weeks
3	Musselburgh Evening Walks	Wed 23 <sup>rd</sup> May, 2018 (Walks - 45 min to over an hour)	7 pm	Musselburgh Sports Centre	10 weeks
4	Musselburgh Sat Walks	Sat 26 <sup>th</sup> May, 2018 (Walks - 45 min to over an hour)	10.30 am	Musselburgh Sports Centre	10 weeks
5	Gentle Exercise To Music	Wed 30 <sup>th</sup> May, 2018	3.00 pm – 4.00 pm	Fisherrow Centre, Musselburgh	10 weeks
6	Cycling Wed Group	Wed 30 <sup>th</sup> May, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
7	Cycling Thu Group	Thu 31 <sup>st</sup> May, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
8	Cycling Sun Group	Sun 3 <sup>rd</sup> June, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
9	Dunbar Fri Walks	Fri 8 <sup>th</sup> June, 2018 (Walks - 45 min to over an hour)	10 am	Bleachingfield Centre, Dunbar	10 weeks
10	Gentle Tue Walks	Tue 4 <sup>th</sup> September, 2018 (Walks – 30 min to 45 min)	2 pm	Brunton Hall, Musselburgh	10 weeks
11	Musselburgh Wed Walks	Wed 5 <sup>th</sup> Sept, 2018 (Walks - 45 min to over an hour)	10 am	Musselburgh Sports Centre	10 weeks
12	Musselburgh Sat Walks	Sat 8 <sup>th</sup> Sept, 2018 (Walks - 45 min to over an hour)	10.30 am	Musselburgh Sports Centre	10 weeks
13	Haddington Mon Walks	Mon 10 <sup>th</sup> Sept, 2018 (Walks - 45 min to over an hour)	10 am	Aubigny Sports Centre	10 weeks
14	Cycling Wed Group	Wed 12 <sup>th</sup> September, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
15	Cycling Thu Group	Thu 13 <sup>th</sup> September, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
16	Cycling Sun Group	Sun 16 <sup>th</sup> September, 2018	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
17	Gentle Exercise To Music	Wed 19 <sup>th</sup> September, 2018	3.00 pm – 4.00 pm	Fisherrow Centre, Musselburgh	10 weeks
18	Dunbar Fri Walks	Fri 28 <sup>th</sup> Sept, 2018 (Walks - 45 min to over an hour)	10 am	Bleachingfield Centre, Dunbar	10 weeks
19	Eat Well-Keep Active Course	Tue 30 <sup>th</sup> October, 2018	10 am – 12.30 pm	Musselburgh	6 weeks
20	<b>New</b> - Beginners Ukulele	Wed 27 <sup>th</sup> June, 2018	3-4 pm	Fisherrow Centre, Musselburgh	5 weeks
21	Nordic Walks**	Mondays and Tuesdays – 2.00 pm – 3.30 pm	Start dates to be confirmed	Musselburgh and Port Seton	8 weeks

**\*\*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 Events – please sign up via website link below:-**

22	Feel Good Walks Visit website for details →	<a href="http://www.meetup.com/East-Lothian-Feel-Good-Walks/">http://www.meetup.com/East-Lothian-Feel-Good-Walks/</a> or <a href="http://www.tiny.cc/elfgw">www.tiny.cc/elfgw</a> (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)**

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