

CHANGES - Healthy Living Project Groups/Classes Programme - January to March 2019

All groups/classes are **free of charge**, with exception of Tai Chi which has a £4 per week contribution, Simple Dance Exercise a £3 per week contribution, Singing for Fun has a £1 per week contribution and Beginners Ukulele which has a £2 per week contribution.

To book your place or find out more, please call Heather on 0131 653 1080 or email healthyliving@changeschp.org.uk

Please Note: many of the activities you can join at any point during the block – please contact for details

No	Course	Start Date	Time	Venue	Duration
1	Singing For Fun	Fridays, please contact for details	10.30 am – 12 noon	Fisherrow Centre, Musselburgh	Ongoing
2	Gentle Exercise To Music	Wed 16 th January, 2019	3.00 pm – 4.00 pm	Fisherrow Centre, Musselburgh	10 weeks
3	Dunbar Fri Walks	Fri 8 th February, 2019	10 am	Bleachingfield Centre, Dunbar	10 weeks
4	Musselburgh Sat Walks	Sat 9 th February, 2019	10.30 am	Musselburgh Sports Centre	10 weeks
5	Haddington Mon Walks	Start date to be confirmed – contact for details	10 am	Aubigny Sports Centre	10 weeks
6	Prestonpans Tue Walks	Tue 12 th February, 2019	10 am	Prestonpans Community Centre	10 weeks
7	Musselburgh Wed Walks	Wed 6 th March, 2019	10 am	Musselburgh Sports Centre	10 weeks
8	Cycling for Health Wed Group	Wed 13 th March, 2019	10 am – 11.30 am	Lewisvale Park Musselburgh	6 weeks
9	Eat Well-Keep Active	Tue 19 th March, 2019	10 am – 12.30 pm	Congregational Church Hall, Musselburgh	6 weeks
10	Nordic Walks – Beginners Level 1	Mon 25 th March, 2019	2 pm – 3.30 pm	Musselburgh	8 weeks
11	Nordic Walks – Level 2	Tue 25 th March, 2019	2 pm – 3.30 pm	To be confirmed	8 weeks
12	Beginners Ukulele	Wed 27 th March, 2019	2 pm – 3 pm	Fisherrow Centre, Musselburgh	5 weeks

Nordic Walking Sessions	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.
--------------------------------	---

Groups Run in Partnership (£4.00 per week participant contribution to Tai Chi and £3 per week contribution to Simple Dance Exercise Class)

13	Tai Chi	Thursdays – please contact for details	10.00 am – 11.00 am	Fisherrow Centre, Musselburgh	Ongoing
14	Simple Dance Exercise Class	Wednesdays – please contact for details	1.45 pm – 2.45 pm	Fisherrow Centre, Musselburgh	Ongoing