



Tuesday 23<sup>rd</sup> October

Launch of our Mind full of mindful? Event with **Mr Edward Reid** at Calderhead High School, 7 pm . This is **free** ticket only event. On the evening there will be donation basket in aid of Chris House, Wishaw.

Monday 29<sup>th</sup> October

Book your place with Nicola or Isabel

Join **Nicola** for a morning "Walk n Talk "in the forest. 9 am - 10 am

Any time you can walk in the great outdoors, do -- especially if you're tense and frustrated. Walking (like any physical activity) helps you destress, control anger and get your head straight. A walk on the treadmill might do the trick but walking with Mother Nature works even better.

Tuesday 30<sup>th</sup> October

Book your place with Elaine or Gillian

Join **Natalie** from NHS who will be able to talk you through some basic health checks 9.30 am & 1.30 pm



Join **Louise** from

at 3.30 pm- 4.15 pm who will take you through an introduction to Mindfulness and the new parent on line programme.

Book your place with Siobhan

Wednesday 31<sup>st</sup> October

Book your place with Christine or Susan

Join **Mary** for an introduction to YOGA, no experience necessary, wear comfy clothes. 11.15 am - 11.45 am and 1 pm - 1.30 pm

Follow us on Twitter @ CentreShotts

Thursday 1<sup>st</sup> November

Book your place with Amanda or Kirsty

Join the volunteers from Chris' House for some complementary therapies,

This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients.

(Times TBC)

Friday 2<sup>nd</sup> November

Book your place with Pamela or Isabel

Join Isabel for an afternoon "Walk n Talk" in the forest. 1.30 pm - 2.30 pm

All events are free all we ask is that you take some time for yourself and try them out.

YOU CAN'T POUR  
FROM AN EMPTY CUP.  
YOU HAVE TO TAKE  
CARE OF  
*yourself*  
FIRST