FREE: MOVE BREATHE RELAX

CHAIR YOGA, TEA AND CHAT IN METHIL

TUESDAYS 1045-1145

Come and take time out to just 'be'.

Improve your mood and mental health

Optional time for chat and refreshments after the class.

Reduce physical health symptoms

Improve your mobility, posture, flexibility and strength

Learn relaxation exercises and healthy coping tools

Meet new people in a supportive group

ASK YOUR GP OR COMMUNITY LINK WORKER TO REFER YOU

TUESDAYS 1045-1145 Methil Community Education Centre Bowling Green Road KY8 3DH

No drop-ins please. Ask your social worker, GP, link-worker, mental health nurse, substance use worker, or a member of staff from the community education centre to refer you

Scan me!

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