

All the
exercises
can be done
seated or
standing



**There are many
advantages to
physical exercise;**

- aids general wellbeing
- soothes aches and pains
- promotes mindfulness and relaxation
- improves balance
- helps sleep patterns
- improves circulation
- increases stamina
- may aid weight loss.

**For more information and to
book an online session contact**

Marion Matheson
42 Winfield Way
Balivanich
HS7 5LH

Tel: 01870 603156

Email: marion.matheson1@nhs.scot



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NHS

**Eileanan Siar
Western Isles**



**Gentle
Exercise
Classes**

The two classes offered are:

Gentle Movement

These classes take participants through a range of exercises which incorporate breathing techniques and mindfulness; the exercises are designed to get people moving but also provide an opportunity to relax.

Body Boosting Sessions

This is a dynamic fun and interactive way to introduce strength and balance to adults. All movement's can be done seated or standing. These sessions have been developed by Age Scotland.

In Person

MONDAY

11.00am - 12.30pm - Trianaid (North Uist) - Members of the community welcome, **Gentle Movement**

TUESDAY

2.00pm - 3.30pm Sacred Heart House (South Uist) - Members of the community welcome, **Gentle Movement and Body Boosting Session**



Online

WEDNESDAY

11.00am - 11.30am - Ardseileach Centre (Stornoway) - Members of the community welcome, **Body Boosting Session**

11.30am - 12.30pm Blar Buidhe Care Home (Stornoway) - Members of the community welcome, **Gentle Movement and Body Boosting Session**

THURSDAY

2.30pm - 3.00pm - St. Brendan's Care Home (Barra) - Members of the community welcome, **Body Boosting Session**

3.30pm- 4.30pm - Members of the community welcome, **Gentle Movement**

All of the above sessions are open to the public. You will receive a warm welcome at each of the sessions.