

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 movements can be done seated or standing. These sessions have been developed by Age Scotland.

For more information and to book an online session contact

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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.