



Gentle Movement Sessions

Marion Matheson, a Health Improvement Practitioner in the Public Health Team, delivers a weekly programme of gentle movement sessions for older adults across the Western Isles.

Marion's sessions are available in person in North and South Uist with refreshments provided, and online for those in other locations.

They cater to a range of abilities, and carers and

family members are always welcome to join in.

The sessions are a fantastic opportunity for older adults to participate in physical activity and connect with others from the community.

For information on the sessions or a copy of the session programme, please email: marion.matheson1@nhs.scot.

