



Healthy Active Minds Physical Activity Programme Westburn Outdoor Sports Centre Autumn 2017

Sport Aberdeen in partnership with the Aberdeen Mental Health & Wellness Network are delivering a 9 - week block of physical activity sessions for NEW participants to promote a healthy body for a healthy mind, and introduce participants to the wide range of activities on offer throughout Aberdeen City.

Activities are open to participants of all ages and abilities and all equipment will be provided. Just wear some comfortable clothing and footwear and bring an open mind and we'll provide the rest. Each session will last around an hour with an opportunity for a social tea or coffee and a chat afterwards. The Health Walk is the only outdoor activity, all others will be held inside the centre.

Day/Time	Mondays 11:30am – 12:30pm
Dates	16 th October – 18 th December 2017
Venue	Westburn Lounge, Westburn Outdoor Sports Centre, Inside Westburn Park, Westburn Road, Aberdeen
Cost	FREE
Transport	First Bus Route 5 Balnagask – Northfield via Market Street, Guild Street, Union Terrace and Westburn Road
Activities	Different activities available each week delivered by friendly staff from the Wellness Team. Suitable for beginners and more experienced participants.

16/10/17	Intro	Opportunity to see the venue, meet instructors and go for a short Health Walk
23/10/17	Session 1	Technogym
30/10/17	Session 2	Tennis (session will take place from 12noon – 1pm)
06/11/17	Session 3	Table Tennis
13/11/17	Session 4	Live Well Circuit
20/11/17	Session 5	Pickleball
27/11/17	Session 6	Gentle Movement
04/12/17	Session 7	Tennis (session will take place from 12noon – 1pm)
11/12/17	Session 8	Technogym
18/12/17	Session 9	Table Tennis

For more information on the activities or to chat about the programme, please contact Andrinne Craig on 07793 655417 or ACraig@sportaberdeen.co.uk

