

Wellbeing Programme

Starting week beginning 22nd June 2020

All activities are free to participate in but I would ask that you fill in a MDT referral form and return to [gemma@countydownrcn.com](mailto:gemma@countydownrcn.com)

Due to social distancing measures, all activities will be accessible remotely through zoom

**Please include clients email address**.

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| Monday | Tai Chi  Mike Bean 10:45am logon, class 11am – 12 noon  Tai chi is a slow balanced art form to regulate the mind body and breath. Learn how to relax, strengthen and coordinate the body so you feel energised and stress less all day long. |
| Tuesday | Health & Wellbeing  Aleida Millar 10:45am logon, class 11am – 12 noon  6 interactive sessions promoting health and wellbeing including aromatherapy, herbs for health, positive sleep patterns and techniques for stress reduction. |
| Wednesday | Movement to Music  Theresa Messenger 10:45am logon, class 11am – 12 noon  Low Impact Movement and Dance, designed for all levels of mobility and ability to improve your fitness levels, including flexibility, balance, posture and co-ordination, increasing your sense of vitality and wellbeing. |





Network Challenge!

JOIN US on

Keep Moving Mondays

2-2.30pm

Walk locally, in your garden or house for 30 mins

Text your name, age and weekly step count to

07389 732749

To get your name on our leaderboard ☺

Spot Prize for the best monthly step count!

For further info please contact [jenny@countydownrcn.com](mailto:jenny@countydownrcn.com)

[lise@countydownrcn.com](mailto:lise@countydownrcn.com)

***If you haven’t exercised for a long time or if you have any physical conditions that may impact on your ability to exercise, please contact your doctor beforehand.***