

For further information please contact:

Donna Mulder Training Co-ordinator
Telephone **01324 611510**
Email donnmulder@centralcarers.co.uk

Nicola Weedon Carer Support Worker
Telephone **01259 226839**
Email nicolaweedon@centralcarers.co.uk

Ian McCourt Service Manager
Telephone **01259 226838**
Email ianmccourt@centralcarers.co.uk



Falkirk & Clackmannanshire Carers Centre

Ludgate House
Mar Place
ALLOA
FK10 2AD

Website www.centralcarers.org



Care with Confidence

Clackmannanshire Programme

Wednesdays 10.30 am – 12.30 pm

30 January – 13 February 2019

Principal Funders of Central Carers Association



Managed by Central Carers Association (Falkirk & Clackmannan) | Company Limited by Guarantee | Company No SC184443 | Scottish Charity No SC023658

Care with Confidence

To book a place, or for further information, please contact:

Donna Mulder

Training Co-ordinator

Phone 01324 611510

E-mail centre@centralcarers.co.uk

or complete the form below and post to:

Central Carers Association
FREEPOST SCO167
FALKIRK
FK1 1BR

Please tick the sessions you wish to attend:

- Wednesday 30 January Chair Yoga – Week 1
- Wednesday 06 February Chair Yoga – Week 2
- Wednesday 13 February Chair Yoga – Week 3

Name

Address

Postcode

Telephone

Mobile

Email



Care with Confidence

Wednesday 10:30 am – 12:30 pm

Hawkhill Community Centre, 32 Hillcrest Dr, Alloa FK10 1SB

30 January Chair Yoga – Week 1

Enjoy the benefits of yoga from the comfort of your chair. These sessions will combine gentle stretching movements with breathing exercises and guided relaxation.

06 February Chair Yoga – Week 2

Yoga can often help you to slow down; lower anxiety levels; relax your muscles; and improve your sleep and concentration

13 February Chair Yoga – Week 3

Other benefits attributed to yoga are increased flexibility and strength, more energy and better posture.

Come along and enjoy all the benefits of Chair Yoga

Please wear comfortable clothes.

A limited supply of extra blankets are available but you may wish to bring one of your own

**Please phone or email to book a place at these sessions.
(contact details are on the back page of this leaflet)**

**All carers welcome
There is no cost to attend these sessions**