

Care with Confidence



**Tuesdays
10.30 AM – 12.30 PM**



**Falkirk Carers Centre
or via Zoom**



falkirk & clackmannanshire
carerscentre

If you are a carer, you can attend some of these sessions online on Zoom or in person at the Carers Centre, 1A Bank Street, Falkirk FK1 1NB.

6, 13 and 20 October 2026 10.30am – 12.30pm Chair Yoga

Anne Millard from AM Wellbeing will be joining us in October to provide 3 sessions of chair yoga. Caring for someone can impact on a person's physical health and emotional wellbeing. Chair yoga is an ideal way to gently move the body to help increase flexibility, mobility and wellbeing. The sessions are suitable for everyone and will include some simple breathing techniques, relaxation and mindfulness practices. You can join these sessions in person or online on Zoom.

Register [here](#) for any of the sessions.

For more information on any of the above, please contact

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