

FREE CLASSES FOR UNPAID CARERS

YOU ARE ABLE TO BRING ALONG THE PERSON YOU CARE FOR TO THESE ACTIVITIES. ACTIVITIES ARE COMPLETELY FREE
AND ALL ARE DROP IN SESSIONS WITH NO SIGN UP REQUIRED.

CONTACT US FOR MORE INFO: ENQUIRIES@LIFECARE-EDINBURGH.ORG.UK.

ALL SESSIONS ARE HELD AT LIFECARE, 2 CHEYNE STREET, EDINBURGH EH4 1JB



SCAN FOR MORE INFO

Monday 3:30pm-4:30pm:

Gentle Yoga/Pilates with A Move and Flow

Suitable for any age or ability, with a seated option available.
Meeting Space upstairs, via accessible lift

Tuesday 10:30am-12pm:

Sporting Memories

Come for a fun chat and reminisce about sports and sport history.
Simply turn up for conversations and refreshments! Boardroom ground
floor.

Wednesday 11am-12pm:

Movement Therapy/Dementia dance therapy

Move, listen, sing, connect and have fun! Look after your physical and
mental wellbeing through movement therapy. Also recommended for
those living with dementia.
Boardroom on the ground floor.

12:30-2pm:

Mindfulness sessions

Join us for Mindfulness drop in sessions where we'll help you deal with
the challenges and stresses of modern life. Meeting Space upstairs, via
accessible lift.

Thursday 11am-12pm:

Gentle Jazz dance

Dance away your troubles with this fun and inclusive jazz dance class!
Suitable for complete beginners of any age or ability.
Seated option available. The Gallery Room, upstairs via accessible lift.