



Abergele & Pensarn Community Wellbeing Summer Programme 2017

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Wellbeing on Referral - Targeted sessions to help improve specific health conditions. Ask for a referral from your health or social care professional or contact us direct to discuss to find out if the session meets your needs. **Limited places—booking essential.**

Venue	Activity	When
Hafod y Park Kinmel Avenue Abergele LL22 7LX	FITNESS & WELLBEING with Natasha White ☎ 07919 131516 . Instruction and gentle exercise for anyone who wants to improve their mobility, agility and ability to relax.	Mondays —3, 10, 17, 24, 31/07, 7/08, 4, 11, 18, 25/10 1:30-2:30
Itaca, Hesketh House, Bridge St, Abergele LL22 7HA	ECO THERAPY - being active and making connections to the natural world with Isa Lamb. Promotes positive mental health, and aids rehabilitation after surgery.	Wednesdays —12 & 26/07, 2, 9, 16, 30/08 2:00-3:30

Wellbeing for All

Venue	Activity	When	Cost
Pentre Mawr Park (Secret Garden) 10 Dundonald Ave, Abergele LL22 7LH	TAICHI IN THE PARK. Come and relax your body and mind with Taichi Movements for Wellbeing in the natural setting. Contact Natasha White ☎ 07919 131516	THURSDAYS, 7, 14, 21, 28/09 11:00-12:00	FREE
Hafod y Park, Kinmel Ave, Abergele LL22 7LX	ART FOR YOUR HEART with NATURE with Tracy Hulse. Using natural and organic objects to experimentally create images in a peaceful and inspiring setting.	TUESDAYS, 12, 19, 26/09 & 3/10 10:00-12:00	£1.00
Itaca, Hesketh House, Bridge St, Abergele LL22 7HA	WALK around the Pentre Mawr Park with Shelley. Come along to meet new friends, enjoy the outdoors and get fitter. Please wear suitable footwear. Meet in lobby at 10:55am. ☎ 01492 572727	THURSDAYS, Weekly (weather permitting) 11:00-12:00	FREE
Abergele Youth & Community Centre Abergele LL22 7BP	PHOTO WALKS —join us for a short walk around Abergele. Bring your camera, phone, tablet, a pair of shoes, and willingness to try different styles and techniques of photography. With Ewart Hulse.	TUESDAYS, 1, 8, 15, 22, 29/08 & 5/09 10:00-12:00	£3.00
Dewi Sant Community Centre South Parade Abergele LL22 7RG	ABERGELE AUTUMN CLUB. A social club for 60+ with coffee, trips and bingo, a great place to connect. ☎ 01745 334794	TUESDAYS, weekly 10:00-12:00	£1.50
	PILATES —a gentle workout to improve posture, balance and joint mobility, as well as relieve stress and tension. Contact Natasha White ☎ 07919 131516	TUESDAYS, 5, 12, 19, 26/09 1:45-2:45	£4.50