

PROGRAMME - March 2018



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Stonehaven, AB39 2AX
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NEW – Creative Minds Programme

Open to women who wish to engage in a range of activities aimed at improving mental and physical wellbeing through creative expression.

to book a place please contact Pillar on 01569767222 or info@pillarkincardine.co.uk

Thursday 1st March	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
Monday 5th March	Porty Paths <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 6th March	Support Plans <i>By Appointment only</i>	10am – 11.30am	South Church Hall, Stonehaven
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
Wednesday 7th March	Health Walk <i>Health Walk in Stonehaven</i>	10.30am	Meet at Pillar Office
	Creative Minds <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	Stonehaven Library
Thursday 8th March	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 12th March	Porty Paths <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 13th March	Support Plans <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
Wednesday 14th March	Health Walk <i>Health Walk in Stonehaven</i>	10.30am	Meet at Pillar Office
	Creative Minds <i>For women looking to improve their mental and physical wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
Thursday 15th March	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 19th March	Porty Paths <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 20th March	Support Plans <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
Wednesday 21st March	Health Walk <i>Health Walk in Stonehaven</i>	10.30am	Meet at Pillar Office
	Creative Minds <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	The Belvedere Hotel
Thursday 22nd March	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 26th March	Porty Paths <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 27th March	Support Plans <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
Wednesday 28th March	Health Walk <i>Health Walk in Stonehaven</i>	10.30am	Meet at Pillar Office
	Creative Minds <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	South Church Hall, Stonehaven
Thursday 29th March	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement