

PROGRAMME - April 2018



42 – 46 Barclay Street
 Stonehaven, AB39 2AX
 Tel: 01569 767222
 Email: info@pillarkincardine.co.uk
 Web: www.pillarkincardine.co.uk

Monday 2nd April	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 3rd April	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 4th April	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	Pillar Allotment
Thursday 5th April	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 9th April	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 10th April	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 11th April	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 12th April	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 16th April	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 17th April	Support Plans <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
Wednesday 18th April	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	St Bridget's Hall
Thursday 19th April	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 23rd April	Porty Paths <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 24th April	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 25th April	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 26th April	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement

Monday 30th April	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)
---	--	-----------------	---