

## PROGRAMME - June 2018



42 – 46 Barclay Street  
Stonehaven, AB39 2AX  
Tel: 01569 767222

Email: [info@pillarkincardine.co.uk](mailto:info@pillarkincardine.co.uk)  
Web: [www.pillarkincardine.co.uk](http://www.pillarkincardine.co.uk)

## \*\*New Active Minds Programme\*\*

**10 week programme starts 13th June**

for women who wish to engage in a range of activities aimed at improving mental and physical wellbeing by actively connecting with their community.

to book a place please contact Pillar on 01569 767222 or [info@pillarkincardine.co.uk](mailto:info@pillarkincardine.co.uk)

<b>Monday</b> 4 <sup>th</sup> June	<b>Porty Paths</b> <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday</b> 5 <sup>th</sup> June	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday</b> 6 <sup>th</sup> June	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
<b>Thursday</b> 7 <sup>th</sup> June	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday</b> 8 <sup>th</sup> June	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 11<sup>th</sup> June</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 12<sup>th</sup> June</b>	<b>Meet &amp; Eat</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
<b>Wednesday 13<sup>th</sup> June</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
<b>Thursday 14<sup>th</sup> June</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 15<sup>th</sup> June</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 18<sup>th</sup> June</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 19<sup>th</sup> June</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 20<sup>th</sup> June</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	South Church Hall, Stonehaven
<b>Thursday 21<sup>st</sup> June</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 22<sup>nd</sup> June</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 25<sup>th</sup> June</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 26<sup>th</sup> June</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 27<sup>th</sup> June</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	St Bridget's Hall, Stonehaven
<b>Thursday 28<sup>th</sup> June</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 22<sup>nd</sup> June</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement