



The Health and Wellness Hub

A Place to Meet, Greet, Heal, Laugh, Grow and Shine!

Activity Programme



Mondays

John McCormack Community Centre, Carfin

10am - 12pm - Holistic Treatments (Massage & Reiki) £2

Wednesdays

VIP Arts & Sports Academy, Uddingston

10am - 12pm - Holistic Treatments (Massage and Reiki) £2

Jim Foley Community Centre, Craigneuk

T'ai Chi class - 6pm to 7pm £2

The Health and Wellness Hub, Albert Street, Motherwell

11.30am - 12.30pm - Wellness Walkers (FREE Health Walk)

Thursdays

Pat Cullinan Community Centre, Logans Road, Motherwell

10am - 11am T'ai Chi class £2

10am - 11.30am - Holistic Treatments (Massage and Reiki) £2

Wishawhill Community Centre, Wishaw

1pm - 3pm - Holistic Treatments (Massage and Reiki) £2

*For more details on any of the above, please contact us:
info@thehealthandwellnesshub.org.uk or Tel: 01698 262437*