



ACTIVITY PROGRAMME

MONDAY'S
JOHN MCCORMACK COMMUNITY
CENTRE, CARFIN

10AM-12PM - HOLISTIC
TREATMENTS (MASSAGE & REIKI)
£2

TUESDAY'S
ORBISTON NEIGHBOURHOOD
CENTRE, BELLSHILL

10AM-12PM - HOLISTIC
TREATMENTS (MASSAGE & REIKI)
£2

THURSDAY'S
PAT CULLINAN COMMUNITY
CENTRE, MOTHERWELL

10AM-11AM T'AI CHI CLASS £2

10AM-11:30AM - HOLISTIC
TREATMENTS (MASSAGE & REIKI)
£2

FOR MORE DETAILS CONTACT US:
INFO@THEHEALTHANDWELLNESSHUB.ORG.UK
OR TEL: 01698262437