



WELLBEING WORKSHOP

STARTS

**Tuesday 5th May 2026
@ Auchenhavie | 4.30-6pm**

Transform Your Health in 5 Weeks - Gain the knowledge, support, and motivation to improve your diet, boost your mental health, become more active, and strengthen your overall wellbeing.

WK 1

5.5.26

**INTRODUCTION TO PHYSICAL ACTIVITY &
POSITIVE MENTAL HEALTH**

Chair Based Exercise class

WK 2

12.5.26

COPING WITH ANXIETY

Health Check / Low impact circuit class

WK 3

19.5.26

NUTRITION PART 1

Gym Induction

WK 4

26.5.26

NUTRITION PART 2

Seated Acupressure / Gym Session

WK 5

2.6.26

REFLECTION & GOAL SETTING

Seated Acupressure / Gym Session

£30 - 5 week block

Please note you may be unable to participate in the physical activity sessions if under medical investigations or you have been told by a health professional not to participate in physical activity.

To book please contact activelifestyles@kaleisure.com or
call 01294 270796



| leisure

kaleisure.com