



Active 4 Autumn

The Mental Health & Wellness Centre is offering a range of activities to keep you active, fit and healthy!

Date	Activity	Location
Saturday 28th October 14:00-16:30	 Living Golf	Moray Golf Club, Stotfield Road, Lossiemouth IV31 6QS
Saturday 4th November 14:00-15:00	 Walk & Talk	Cooper Park, Elgin (outside library)
Saturday 11th November 14:00-16:00	 Photography Scavenger Hunt	Mental Health & Wellness Centre, 30-32 Batchen St, Elgin IV30 1BH
Saturday 18th November 14:00-17:00	 Cooking with Confidence: Super Soups	The Inkwell, Francis Place, Elgin IV30 1LQ

For more information or to book a place, please contact:

Moray Mental Health & Wellness Centre

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your way to a brighter future