



Active 4 Autumn

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

Activity Location Date

Saturday 28th October

14:00-16:30

This fun taster session in Living Golf will challenge you to try a new activity, meet new people and be part of a

Moray Golf Club, Stotfield Road, Lossiemouth IV31 6QS

Saturday 4th November

14:00-15:00



A gentle walk around Cooper Park whilst sharing tips for improving mental health through walking.

Cooper Park, Elgin (outside library)

Walk & Talk

Living Golf

Saturday 11th November

14:00-16:00

Scavenger Hunt

Explore Elgin through the lens of a camera. No experience is necessary, Photography just bring a smart phone or camera.

Mental Health & Wellness Centre. 30-32 Batchen St, Elgin IV30 1BH

Saturday 18th November

14:00-17:00

Soups

Prepare a soup and soda bread Cooking with supper and build your confidence with Confidence: Super tips on cooking healthy meals.

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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