



Level 4 Rehab Instructor, Barbara Stearn, leads classes in Buckie and Keith

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Free exercise and therapeutic gardening sessions for those

affected by cancer in Moray

EXERCISE and therapeutic gardening groups are being held for those affected by cancer in Moray.

Macmillan, in partnership with Moray Council, is running group exercise classes in Elgin, Buckie and Keith. Gentle movement sessions, similar to tai chi, are being held in Elgin, as are long and short walking sessions.

REAP will be delivering therapeutic gardening sessions as part of the Macmillan Move More project too.

The classes are open to all affected by cancer, with additional classes in Buckie and Keith commencing 25 March.

Macmillan Move More Development Officer, Caroline Van Der Heiden, said all attendants will receive a warm welcome.

“Anyone that’s interested can contact us to get a referral form, we’ll then book an assessment with the instructor and draw up an appropriate exercise programme that’s suited to their needs. Classes are free for 12 weeks, and individuals can refer in at any time.”

To start the referral process, contact movemore@moray.gov.uk or call 01343 563642.

Details of the sessions follows:

Group exercise (circuits)

Moray College, Elgin Monday 7 – 8pm
North Church Hall, Buckie Monday 11am – noon
Community Centre, Elgin Tuesday 10.30 – 11.30am
Longmore Hall, Keith Wednesday 2.15 – 3.15pm

Gentle movement

The Oaks, Elgin Monday 1.45 – 2.45pm

Macmillan friendly walking

Library, Cooper Park, Elgin Wednesday noon – 12.45pm (long)
1.15 – 1.35pm (short)

Therapeutic gardening

Maryhill Health Centre, Elgin Monday 2 – 4pm

Famous for its colony of dolphins, fabulous beaches and more malt whisky distilleries than any where else in Scotland, Moray is a thriving area and a great place to live. Nestling between Aberdeenshire and the Highlands, Moray stretches from Tomintoul in the south to the shores of the Moray Firth, from Keith in the east to Brodie Castle in the west.

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