

FREE online Physical and Wellbeing sessions for registered unpaid Carers

To join any of the events held weekly, you need to be providing support to someone else, this could be emotional, social and physical support. Helping someone manage their day to day life.

Click the blue zoom link to join an event – you do not need to download Zoom to use!
You can leave your camera turned off and enjoy the activity in privacy.

To book on any of them, email bookings@peopleplus.co.uk

MONDAY

- **Shibashi** - Designed to start to help lift mood, reduce depression, and ease anxiety, improve agility and flexibility
- **Mindfulness** – Can improve to help physical and mental wellbeing. The classes can help you to accept thoughts and emotions, reduces stress, anxiety, and depression.
- **Seated Exercise** - Fun and seated exercise class to build strength and balance and includes fall prevention. Join Matt to learn new exercises to allow you to become more fit and healthy in the comfort of your own home.

TUESDAY

- **Seated Dance / Boogie** – Boost your wellbeing, by joining our structured gentle chair based dance and exercise. Adapting to your ability and range of movement.
- **Zumba** – Join our low impact Zumba classes ran twice a week. Classes involve gentle exercise by using Latino inspired dance.

WEDNESDAY

- **Reiki** – Sessions aim to restore and stimulate your own body's natural healing and help you relax. It can help with feelings of anxiety and stress.

THURSDAY

- **Zumba**– Join our low impact Zumba classes ran twice a week. Classes involve gentle exercise by using Latino inspired dance.
- **Yoga Nidra** – This class helps you create a deep relaxation. This involves slowing down and allowing you to use techniques to sleep and relax.

FRIDAY

- **Gentle Exercise to improve physical and mental wellbeing** - Gentle stretching for body & mind to increase your wellbeing, reduce stress and help you feel re charged.