

## Annexe Outreach Community Health Clubs

**Free!**

### Anderston Health Club

Anderston/Kelvingrove Church

Tuesdays 11-4pm



### Townhead Health Club

St Mungo's Centre

Tuesday 11-4pm



### Netherton Health Club

3 Eyes Project

Wednesdays 11-4pm



### Knightswood Health Club

Knightswood Community Centre:

Thursdays 11-4pm



In partnership with Greater Glasgow & Clyde NHS  
NE and NW Community Health Partnership

**Annexe Communities**  
Partick Annexe Healthy Living Centre  
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## Annexe Health

and

## Wellbeing Day

17th August 2012

11-4pm

Come along and enjoy health and  
arts activities

**Also on during the day  
Smoothies, Complementary  
Therapies, Health Walk and  
much more!**

**ALL WELCOME**

Thank you to the following for support and funding:

**The Robertson's Trust, Big Lottery Fund and GCC**



What's on  
July and August  
2012

## Annexe Cafe

Winner of

**Scottish Healthy Living Award!**

Open: Monday - Friday 10.00am-2.30pm

### Summer Deals

- ☉ Bowl of porridge only £1
- ☉ Enjoy a bowl of delicious home-made soup with bread - only £1.70!
- ☉ Home-made scone with butter & jam & cup of tea only £1.50
- ☉ Soup, Main courses such and a cup of tea/coffee all for £5.00
- ☉ Soup & Sandwich of the Day with a cup of tea or coffee £4.50



*If the weather is nice, we've even got a couple  
of tables outside!*

# Annexe Healthy Living Programme

Day	Group/Class/Course	Time	Start Date	Length	Availability	Cost
<b>Monday</b>	Connects Ukulele Workshops	10.00-12.00pm	13th Aug	10 weeks	60+ and Carers only	£2
	Slower Health Walk - Partick	11.00-12.00pm	Ongoing		Drop in	Free
	Lunch Club	12.00 -2.00pm	27th Aug		60+ and Carers only	£2
<b>Tuesday</b>	Art Class for 60+ and Carers	10.00-12.00pm	21st Aug	6 weeks	Connects waiting list	£2
	Circle dancing	10.30-12.30pm	21st Aug	10 weeks	60+ and Carers only	£2
<b>Wednesday</b>	Connects Film.– And Action.....	2.00-4.00pm	1st Aug	7 weeks	60+ and Carers only	Free
<b>Thursday</b>	Positive Lifestyle Course	10.30-12.30pm	23rd Aug	6 weeks	60+ and Carers only	Free
	Health Walk - Partick	2.00-3.00pm	Ongoing		Drop in	Free
<b>Friday</b>	Better Brains Class	11.00-12.00pm	3rd Aug	10 weeks	60+ and Carers only	£1
	Gentle Exercise	2.00-3.00pm	3rd Aug	10 Weeks	Drop in	£2
	Friday Film Club—Grumpy Old Men	7.00-9.00pm	20th July	monthly	60+ and Carers only	Free
	Annexe Health and Wellbeing Day	11.00-4.00pm	17th Aug		All Welcome	Free

**\*We operate a waiting list system for some classes - please put your name down for any class you wish to join at reception \***

**Partick Annexe also has additional activities running on a weekly basis not listed above, these are organised by other community groups or by private groups, e.g. Yoga, Voicebeat Choir, In the Making Youth Studio or Parent and Toddlers Group. Details at reception.**