



## Community Health & Wellness Hubs

Yoga

Tai Chi

## Holistic Health & Wellbeing Therapies

We are a Scottish Charitable Incorporated Organisation (SCIO) established in 2012 due to a recognised gap between exclusion and access to health improvement services within North Lanarkshire, in particular for individuals who are marginalised. Our aim is to improve the emotional and physical health and wellbeing of individuals and communities in North Lanarkshire. We provide affordable, accessible and inclusive health and wellbeing activities in a number of community based centres that are based in areas of North Lanarkshire that are classed as having high levels of multiple deprivation according to the Scottish Index of Multiple Deprivation (SIMD) Datazone categories. We also provide Volunteer and Training programmes aimed at individuals who have a number of support needs and are marginalised and disadvantaged in some way (e.g. learning, physical disability, long term health condition, mental health issue etc). We operate as a Social enterprise too and provide a number of services including health and wellbeing programmes, personal development training courses, classes and therapies to organisations and community groups.

Please check out our website for details of our weekly community based health and wellbeing activities

[www.thehealthandwellnesshub.org.uk](http://www.thehealthandwellnesshub.org.uk)