

**Starts
1 October**
at various locations in
Hawick

Inside out

**wellbeing
programme**

what is it?

The 'inside out' 12-week programme encourages adults with health and wellbeing needs to become more active, creative and socially connected through guided walks, gentle exercise and a range of arts activities that promote both physical and mental wellbeing.

who is it for?

Perfect for adults who are currently less active and would like to improve their health, confidence and wellbeing through gentle, accessible activities in a supportive group setting.

To find out more please contact:

health@liveborders.org.uk | 07435 940578

www.liveborders.org.uk   

Registered Charity No SC034227

Or scan the **QR code**
to complete our
application form:

