

Wellbeing Wednesday @



Weekday Wow Factor: Zoom Disco with Pasna

28th April: 1-2pm

Meeting ID: 859 4037 7026

<https://us02web.zoom.us/j/85940377026>

- Pasna is an occupational therapist with 19 years experience in the NHS. She is the co-founder and director of Weekday Wow Factor. and has featured on BBC News and STV Glasgow.
- Pasna facilitates leisure activities for people living with dementia, with this particular session being an introduction into one of her activities which is freestyle dancing over a zoom session. So if you enjoy music, dancing and the company of others, then don't miss this activity!

Peter Wood - Comedian

5th May: 1-2pm

Meeting ID: 859 3293 8075

<https://us02web.zoom.us/j/85932938075>

"I am a stand up comedian from Aberdeen that has gigged all over the country, from Ayr to Invergordon, Aberdeen to Ayr and many times in Glasgow. I have been very fortunate to gig with many comedians and always try to find the laughter in life: you need to these days! I have been to semi-finals and finalist in a national competition and sold out my own solo show. I like to have a laugh and find fun in darker times, so lets have some fun and laughs and blow off those lockdown cobwebs together, Look forward to having a nice time with you all."

Seated Relaxation with Judith

12th May: 1-2pm

Meeting ID: 862 0000 4803

<https://us02web.zoom.us/j/86200004803>

- "I am trained to offer "Impact Wellbeing" Classes online and in group settings. This includes some very gentle smart moves (seated), relaxation breathing, and visualisation techniques.
- The visualisation/breathing/relaxation is a little like Mindfulness.
- I will start with some gentle smart moves, followed by breathing and relaxation. I will talk people through it all. It is very slow and relaxing."

Tai Chi with Hing

26th May: 1-2pm

Meeting ID: 883 8313 2678

<https://us02web.zoom.us/j/88383132678>

- Tai chi (Taiji) is a Chinese martial art with movements done slowly and gently in practice. It is based on the philosophy of balancing the Yin and Yang , in harmony with nature and through softness to overcome the hard.
- Most people practice Tai Chi nowadays for Its great medical benefits as proven by much research. It is especially good to help with HBP, anxiety, Type 2 Diabetic, arthritis and balance. It is an exercise for both the body and mind and suitable for all ages.
- Benefit of seated Tai Chi- If you have balance problems standing up, it does not mean that you cannot exercise. Being seated takes away this worry and we can still do a lot of Tai Chi hand and leg movements. Being relaxed is a fundamental requirement of Tai Chi practice



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