

# #DGD OINGMORE



NHS D&G Community Health  
Development Volunteer  
Programme

## Mindful Movement

**Tai Chi and Qi-gong** are low impact exercises that have a number of health benefits and are ideal for helping ease back into a more active life.

These exercises are suitable for anyone with a long term health condition and can be done in a seated or standing position.



### Benefits

- ✓ Relieves physical effects of stress
- ✓ Promotes deep breathing
- ✓ Reduces bone loss in menopausal women
- ✓ Improves lower body and leg strength
- ✓ Helps with pain management
- ✓ Reduces blood pressure
- ✓ Requires mind and body integration through mental imagery
- ✓ Accumulates energy by releasing endorphins rather than depleting it
- ✓ Enhances mental capacity and concentration
- ✓ Improves balance and stability by strengthening ankles and knees

### New class starting 1<sup>st</sup> February 2024

led by local trained  
and experienced volunteer facilitators

**Thursdays**

at

**Lincluden Community Centre, 1pm – 3pm**

**There is a small cost per session to cover the venue**

To secure your place, call Carolyn, Public Health Improvement Community Health Development Link Worker on 07388 955675 or email [carolyn.watson@nhs.scot](mailto:carolyn.watson@nhs.scot)

