

## Stalls in the Dining Room 10am-2pm

- \* Borders in Recovery
- \* Borders Community Sewing Club
- \* Tweed Podiatry
- \* Edward Addison
- \* Moo Music Borders
- \* Warrior Womben
- \* Eat Sleep Ride
- \* Live Borders Kelso
- \* School nurse
- \* Borders Community Action
- \* Stable Life
- \* Megan Darling Physiotherapy and Rehab Pilates
- \* Kelso Hockey Club
- \* Peer2Peer Mindfulness
- \* Borders Weight Management
- \* Abundant Borders
- \* KD Fit
- \* Martha Pollard Counselling
- \* Cheviot Youth
- \* Health in Mind
- \* Quarriers
- \* Borders Additional Needs Group
- \* Health Improvement
- \* Wellbeing Service
- \* Place and Space: Day Opportunities at QME care
- \* MS Society
- \* Reiki master - with reiki taster sessions in dining room medical room
- \* SBC Local Area Co-ordinator - Mental Health
- \* Rewire Therapy
- \* Reiki Treatments
- \* M-Pulsive Dance School
- \* u3a four border abbeys
- \* Kate Robertson Sports Therapy
- \* Counselling with Gemma
- \* Kelso Girls Rugby Club
- \* Scottish Country Dancing
- \* Kelso Medical Practice Allotment
- \* Kelso Park Run
- \* Royal National Institute for Deaf People
- \* QME Care



## Program of events



**Gym** - open for tours throughout the day

### Sports Hall

- 10.15am-11.15am - Warrior Womben - seminar covering pelvic floor and yoga practice
- 11.30am- 12.30pm -KD FITNESS -demo class
- 12.30pm-1.30pm -MPulse Dance- workshop

### Classrooms

- 1018** ■ Mrs Beth Cameron-Lyle = 3 x 45min
- 10.15- 11am - Introduction to mindfulness - what? why? how?
- 11.15am-12- Stress - brain and body
- 12.15PM-1PM - Sleepy session- supporting sleep
- 1019** ■ Quantum Life Coaching
- 10.30 - How to Keep Calm and Carry On (breathwork & biofeedback)
- 11.30 - Feeding the Brain (brain health & nutrition)
- 12.15-How to Keep Calm and Carry On (breathwork & biofeedback)
- 13.15-Feeding the Brain (brain health & nutrition)
- 1020** ■ Peer2Peer Mindfulness = 30minute mindfulness session running at 10.30am, 11.30am, 12.30 and 13.30.
- 1021** ■10.15am -11.15am- Rewire- mindfulness and neurodivergence session
- 11.30am -12.30pm - Warrior Womben- seminar covering pelvic floor and yoga practice
- 1pm-1.30pm-Tweed Podiatry -short seminar

**Upstairs flexi space** (top of stairs) Cheviot Youth Drop-in session all day

**Main entrance side room G044/43-** Royal National Institute for Deaf People- free hearing tests all day

### Small Games Hall

- LIVE BORDERS** 10-15min taster sessions
- 10am - HIIT
- 10.15am - Ilona group fitness
- 10.30am -Legs bums and Tums
- 10.45am - Ilona group fitness
- 11am-Step
- 11.30am - Spin
- 12pm - Stretch and tone

Outside/school yard= Stable Life and their horse +/- sports clubs weather permitting