



# Dumfries House

## Health and Wellbeing Programme

Dumfries House Health and Wellbeing programme is a 6 week group programme run online via zoom looking at good nutrition and a more active lifestyle with a focus on weight management and uses complementary therapies to help support and manage making lifestyle change. Keeping groups numbers small ensures your participation remains informal and relaxed.

The programme is run at Dumfries House over six Thursdays from 10am-12noon weekly and consists of:

- **Activity** e.g. gentle movement
- **Complementary therapy** e.g. acupuncture, mindfulness, emotional freedom technique
- **Information** e.g. sleep hygiene, Eatwell Guide

You can self-refer to our programme if you are registered with an Ayrshire GP.

For further details, please contact:

**Shiona or Carolyn**  
**Health & Wellbeing Coordinators**  
**Email: [health@dumfries-house.org.uk](mailto:health@dumfries-house.org.uk)**

