



Community based mental health and wellbeing support in Airedale and Wharfedale.

 mentalhealthconnect@khl.org.uk

 www.mentalhealthconnect.org.uk

Group/class descriptions on reverse.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Cardio Dance Workout 10.00am - 10.45am Civic Hall, Keighley, BD21 3RZ Book via KHL.</p>	<p>South Asian Women's Support Group 9.00am - 11.00am St Mary's Primary School, Riddlesden, BD20 5AB Book via Roshni Ghar.</p>	<p>South Asian Women's Support Group 9.00am - 11.00am Steeton Primary School, BD20 6NN Book via Roshni Ghar.</p>	<p>South Asian Men's Support Group 11.30am - 1.30am BCA Keighley, BD21 1PW Book via BCA.</p>	<p>Tai Chi 10.00am - 11.00am Civic Hall, Keighley, BD21 3RZ Book via KHL.</p>
<p>South Asian Women's Support Group 1.15pm - 3.15pm Eastwood Primary School, Keighley, BD21 3JL Book via Roshni Ghar.</p>	<p>Bereavement Support Group (Third Tuesday of every month) 1.00pm - 3.00pm Central Hall, Keighley, BD21 3JD Book via mentalhealthconnect@khl.org.uk.</p>	<p>Seated Zumba® Gold 11.15am - 12.15pm Queens Hall, Burley in Wharfedale, LS29 7BT Book via KHL.</p>		<p>Positive Vibes Peer Support Group 12.30pm - 2.30pm KHL, Keighley, BD21 2JH Book via mentalhealthconnect@khl.org.uk.</p>
<p>Seated Yoga 2.00pm - 3.00pm St John, Ilkley, LS29 8PN Book via KHL.</p>	<p>Cardio Blast 1.15pm - 2.00pm KAWACC, Keighley, BD21 3HU Book via KHL or KAWACC.</p>			<p>Seated Somatic Yoga 1.00pm - 2.00pm Silsden Town Hall BD20 0AJ Book via KHL.</p>

Dance Fit	A full body workout using dance moves and cardio exercise, designed to help improve your cardiovascular fitness and strengthening your body. Call 01535 677177 to book.
Cardio Blast	Join our new, ladies only cardio training class, the session will include high-intensity training designed to help improve your cardiovascular fitness and tone your body. Call 01535 677177 to book.
Tai Chi	A series of slow, meditative body movements using martial arts style moves to promote inner peace and calm. Suitable for all abilities! Call 01535 677177 to book.
Seated Yoga	Slow gentle movements with both standing and floor exercises. Finishing with relaxation on the floor. This class suitable for those with tight muscles, joint pain, and movement limitations. Designed to re-train the brain to let go of long held tension, realigning imbalances to promote movement and self-awareness. Call 01535 677177 to book.
Seated Zumba® Gold	Great for people experiencing challenges with mobility or balance as the whole class takes place in a chair! No dance experience is needed and there are no wrong moves. This class is 45 minutes exercise, 15 minutes tea break and chat. Call 01535 677177 to book.
Seated Somatic Yoga	Slow gentle seated movements, suitable for those with tight muscles, joint pain and movement limitations. Designed to re-train the brain to let go of tension, promote movement and self-awareness. Finishing with relaxation exercises and chance for a chat. Call 01535 677177 to book.
Bereavement Support Group	Our monthly support group focusing on grief, bereavement and loss. Meet people with similar experience and learn about tools to help you better manage your emotions. Email mentalhealthconnect@khl.org.uk to book.
Positive Vibes Peer Support Group	Peer support group that focuses on positive ways to help support people to manage their mental health and life's challenges. The group is a friendly, respectful, confident place where individuals will meet like minded people and feel supported in a safe space. Email mentalhealthconnect@khl.org.uk to book.
South Asian Women's Support Groups	Groups are confidential and safe space for parents, with different creative and holistic wellbeing topics every session. Call 01535 609927 to book.
South Asian Men's Support Groups	Groups are confidential and safe space for men, with different creative and holistic wellbeing topics every session. Call 01535 604359 to book.

