

*Having Glasgow Life support our physical activity programme means we have the expertise, skills, and experience to ensure local people get access to a great service - all at no cost! There has been much interest in this programme, and it was vindicated by the attendance of regulars, and others, coming to the Centre for the first time to take part.*



*Feedback was very positive and those who attended are keen to continue, whilst some said they will spread the word to others.*



*The range and pace of activities meant everyone attending took something from the session. The benefit to local people demonstrates how such effective partnership working can have such a positive impact on the community, particularly in terms of improved physical health and mental wellbeing.*

## Healthy Body | Healthy Mind Classes

*Post pandemic, we have been desperate to identify an organisation who could provide such a service. Through your staff team, particularly Rosie McBride and Paul McLean, the offer from Glasgow Life was a lifeline, and they have more than surpassed our expectations. We are excited about the prospect of the next nine weeks, and I anticipate the numbers will increase. Given the support of the Glasgow Life team, I know those attending are in very safe hands.*



*On behalf of the BCLC, I would like to thank yourself, Rosie, Paul, Jo, Erin and all your staff who contributed to setting up the Healthy Body, Healthy Mind programme. We have been trying to get something like this up and running since I came into post. Working with Glasgow Life gives us the confidence to promote such a beneficial and enjoyable programme, whilst simultaneously offering a free service to local people. We cannot thank you enough!*

*I look forward to future work together and hope we can build on making local people engage in physical activities and enjoy the benefits of doing so.*

Gary Harkins | Learning Officer | Bridgeton Community Learning Campus



Glasgowlife

Live  
Well

Live Well is a free service which gives additional support to those who may need some assistance in accessing our activities and services.

**0808 175 1956**

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communities/live-well](http://www.glasgowlife.org.uk/communities/live-well)