



# Help improve your mood and reduce stress

**COLD WATER THERAPY SESSIONS AT WEST BAY BEACH, NORTH BERWICK.**

Two FREE courses funded by the North Berwick Trust!

**June 3<sup>rd</sup> - June 28<sup>th</sup>**

(8 sessions over 4 weeks, Saturday mornings and Wednesday evenings)



**July 22<sup>nd</sup> - 9<sup>th</sup> September**

(8 sessions over 8 weeks, Saturday mornings only)



Making the most of the beautiful beaches of East Lothian, we are offering introductory cold water immersion courses to provide a safe and supportive way to access the health benefits of cold therapy. This course is open to adults of all ages in the North Berwick Area with no previous experience necessary.

To qualify for a free place you must live within a North Berwick Postcode Area. If you live outside of these areas you may be able to attend but may need to pay - please email us to discuss.

**To register please scan QR codes above or search 'Chill East Lothian' on Facebook, visit [www.chilluk.org](http://www.chilluk.org) or email [eastlothian@chilluk.org](mailto:eastlothian@chilluk.org)**