

Saturday 27 February 10.30am to 3.30pm - Callander Kirk Hall

Many local groups and health-related organisations have joined together to show what facilities and support to living a healthier lifestyle are available in the Trossachs area.

There will be displays and advice on a whole range of issues including healthy eating, losing weight, stopping smoking and dealing with stress. Also of course information on the many ways available to residents of the National Park to take more exercise both inside and out. Health professionals will be on hand to offer details of the different types of support available for people of all ages needing some kind of help or assistance.

However there will also be a lighter side with fun activities suitable for children (and adults too!): health checks, a healthy soup-tasting challenge, a drama group, free head massage, a 'germ-spotting' box, keep-fit tasters, a virtual tour of the new Larbert hospital and many more attractions.

The day will start off with music from Callander Brass Band and Provost Fergus Wood will be there to open the event.

Drop in at any time between 10.30 and 3.30

Trossachs Health Fair

- a advice on balancing your business, social and family lifestyle choices
- a on-the-spot free health checks
- a advice on stopping smoking and weight loss
- a how to deal with stress and other health issues
- a try out exercising with a Wii
- a find out more about outdoor activities in the Trossachs area
- a strategies to manage mental health well-being
- a try out the 'healthy soup challenge'
- a find out what support services are available
- a taster sessions for relaxation, music and movement
- a personal recovery stories, poetry and artwork
- a virtual tour of Larbert Hospital
- a reminiscence project
- a financial advice
- a free and confidential advice for businesses
- a free head massage

Participating and supporting organisations:

Women In The Trossachs (WITT)
 Trossachs Enterprise Rural Mentoring Scheme (TERMS)
 Voluntary Sector Health Partnership Forth Valley
 Scottish Health Council
 Care Solutions
 Callander Youth Project
 Callander Council of Churches Thursday Club
 Callander Heritage Society
 Craigard Club
 Loch Lomond & The Trossachs National Park
 Nature's Corner - tea tasting
 Royal Bank of Scotland
 Scottish Centre for Healthy Working Lives
 Stirling Council
 Stirling Health and Well-Being Alliance
 Thriving Minds Ltd
 Trossachs Search and Rescue Team

Health soup challenge courtesy of:

Deli Ecosse
 Mhor Fish
 The Myrtle Inn
 The Crags Hotel

The Waverley Hotel

Download a poster here

If you want further information please contact lucy@lochlomond-trossachs.org

