

Projekt 42 holding open day on Sunday

Projekt 42 is hosting a free open day on Sunday and invites you to take part in a variety of fitness classes. Anyone attending will also have the chance to speak to their mental health team.

The not-for-profit gym and wellness centre, based in Edinburgh's Leith Walk, will offer 30 fitness classes throughout the day, ranging from yoga and pilates to metafit and weight training.



The Open Day at Projekt 42 will give the public the chance to speak to their mental health team

A key component of the Projekt 42 offering is its holistic

approach to wellness, it now has the largest team of counsellors and psychotherapists in the city outside the NHS and the 22 strong team will be available to chat to visitors about the variety of services on offer.

On the upcoming open day, Sara Hawkins, Projekt 42 founder said, "We have a unique offering in the city, Projekt 42 was the first wellness centre to combine fitness, yoga and mental health services.

"We recognise that many people out there need counselling support right now but are stuck on waiting lists in the health system.

Sara Hawkins

"Our open day aims to showcase the variety of services we provide members, from 300 different exercise classes each month to suit all ages and abilities, to our wellness services which include counselling and life coaching."

Affordable counselling sessions are available with sliding scale cost structure that has been developed based on an individual's annual income. Sessions range in price from a reduced rate of £7.50 up to £40 per hour. A number of free sessions are also available depending on personal circumstances.

The Open Day is on Sunday 27 October 2019 from 10am – 5pm at Projekt 42, 117 Leith Walk, Edinburgh, EH6 8NP.