

Active Communities partners with the Edinburgh Wellbeing Festival

Edinburgh Leisure's Active Communities will take part in the Edinburgh Wellbeing Festival for the first time when it returns to the Assembly Rooms from 1- 2 February 2020. This will be another packed weekend of talks, classes and workshops, showcasing the way to lead healthier and happier lives.

The team will have a stall in the marketplace promoting the range of programmes that Active Communities is involved in, Helen Macfarlane will be taking part in a discussion with Dame Kelly Holmes MBE and Street Fit Scotland on mental health on Saturday, 1 February, and will be offering a seated exercise yoga class on Sunday, 2 February.

Helen Macfarlane, Head of Active Communities at Edinburgh Leisure said: "We're delighted to be partnering with the Edinburgh Wellbeing Festival to promote the positive impact physical activity has on people's health and wellbeing. Edinburgh Leisure is a charity on a mission to help people lead more active, healthy lives. With over 30 sport and leisure venues, we are committed to creating opportunities for everyone in Edinburgh to get active and stay active.

Our Active Communities programme harnesses the power of physical activity to tackle inequalities and combat the effects of inactivity. Each year, we support 10,000 people in

need who face the greatest barriers to being active, including those affected by health conditions, disabilities, inequalities and poverty – empowering them to be active to protect their health and wellbeing.”

Tickets are now on sale and include 10% booking fee. Discounts are available for students, senior citizens, disabled and unwaged.

For further information and tickets: [Edinburgh Wellbeing Festival](#)

