

## **Healthpoint – NHS Grampian**

Free health line – 0500202030

Email us for information : [healthpoint@nhs.net](mailto:healthpoint@nhs.net)

Pop in to our Healthpoint ; Aberdeen Indoor Market 8-10 Market Street.  
Aberdeen.

## **Healthy Helpings**

8 week course one hour, once a week.

Contact Maria Nika – Healthy Helpings Co-ordinator, Public Health Unit  
01224 558671

## **Smoking Advisor Service**

Tel 0500 600 332 or [grampian.sas@nhs.net](mailto:grampian.sas@nhs.net)

[nhsgrampian.justfiveminutes.com](http://nhsgrampian.justfiveminutes.com)

## **Walk for Health**

Tel 01224 558421 Freda Nicolson, Health Walk Co-ordinator

## **Confidence to Cook**

Fiona Matthew, Catering Advisor, Topics Team, Health Promotion.

NHS Grampian, Summerfield House.

Tel 01224 – 558414

## **Aberdeen Sports Village**

For further information on Well-being Circuit sessions and other exercise opportunities please contact:

**Aberdeen Sports Village, Sport & Exercise Team, Linksfield Road,**

**Aberdeen, AB24 5RU**

**Telephone: 01224 438900**

For information via the web go to:

[www.abdn.ac.uk/sportandexercise](http://www.abdn.ac.uk/sportandexercise)

[www.aberdeensportsvillage.com](http://www.aberdeensportsvillage.com)

## **Other Useful Websites re Local Classes**

<http://www.laurawalkerlimited.co.uk/>

<http://www.myogayoga.com/>

[http://www.thistle.com/en/group/leisure\\_club/index.html](http://www.thistle.com/en/group/leisure_club/index.html)