

# love maggie's day

## @ Maggie's Highlands

Friday 26 March 2010

9.30 – 4.30

### A day of celebration and sharing

**Taster sessions timetable – come and sample our support programme.  
A donation for each session would be appreciated**

9.30 – 10.30	Expressive Art with Chryssy
10.45 – 11.30	Look Good ... Feel Better with Helen and our Beauty Therapists

**12 noon**                    **Join us for our Maggie's Big Hug – we need as many people as possible to hug our beautiful building**

1.30 – 2.00	Tai Chi with Gordon
2.15 – 2.45	Yoga for Beginners with Sylvia
3.00 – 3.30	Scarf tying with Victoria from Monsoon
3.45 – 4.15	Relaxation / meditation with Wendy

**Home bakes and refreshments will be available throughout the day. We look forward to seeing 'old' faces and to making new friends!**

**We're starting our celebrations early  
Come and join us for...**

## LOVE MAGGIE'S CEILIDH NIGHT

Thursday 25 March 7.30pm

**Admission by donation, includes refreshments – bring your own tippie!**

A wee cosy gathering round the fire  
Bring a poem, song or story to share  
or just bring yourself, your folks, your friends  
Just be there.

It will also be a chance to celebrate the launch of the new book by the Expressive Writing Group.

For more information please contact: Judith Ross, Community Fundraiser Tel - 01463 706302 Email: [judith.ross@maggiescentres.org](mailto:judith.ross@maggiescentres.org)  
Carole Bridge, Centre Head Tel - 01463 706306 Email: [carole@maggiescentres.org](mailto:carole@maggiescentres.org)