

HEALTHY | ACTIVE | CREATIVE



Angus Carers Centre
supporting carers

ANGUSalive
www.angusalive.scot

HEALTHY | ACTIVE | CREATIVE

The Angus countryside is one of the most diverse in Scotland and we are passionate about making the most of it. Our activities promote a healthy lifestyle from walks, cycles, runs and paddles all taking part in the glorious Angus Country Parks.

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Our facilities offer something for everyone whether it's to keep active, build strength, work out with friends or just feel good and enjoy activities with the family.

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We believe everyone should have the right to access Theatre and Arts and be creative, which is why we host a wide range of events for everyone across Angus.





Stand Up Paddleboarding



Raft Building



Sensory Trail



Bushcraft



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Countryside Adventure



Zumba



Core Exercise



HIIT



Circuit Training



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Sport & Leisure



An Evening with Karen Dunbar



FREEZIN: Panto



*Creative writing workshop with
Des Dillon*



Arrival: The Hits of ABBA



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ANGUSalive
Theatre & Venues

HOW | TO | BOOK

All the activities in the calendars are free for Angus Carers! There are only a limited number of spaces for each activity however, so you will need to book in advance... but its really easy!

ANGUSalive
Countryside Adventure

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Sport & Leisure

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Call 01382 768120 or email ian.brough@angusalive.scot to book onto any of the ANGUSalive activities or shows stating you are and quote Angus Carers!

