

5 Facts About the Vikings in England

A quick introduction to the Viking Age in England.

Heart Space – free offer! #dundeewestend

Heart Space Yoga and Bodyworks in Scott Street is now offering free community classes – indeed a quarter of its full timetable is free of charge.

This is a very generous offer and details are below and you book classes at www.heart-space.yoga/book :



MONDAY
12.00pm Post Natal with Baby
4.15pm Teen Aerial (12-18 y/o)

TUESDAY
4.15pm Kids Yoga (5-12 y/o)
6.00pm Pregnancy Yoga (from 14 wks)

WEDNESDAY
10.30am Chair Yoga
4.15pm Kids Aerial Yoga (6-12 y/o)

THURSDAY
4.15pm Teen Yoga (12-18 y/o)

FRIDAY
4.15pm Kids Aerial Silks (6-12 y/o)

SATURDAY
10.15am Pregnancy Yoga (from 14 wks)
11.30am Family Yoga (2-11 y/o - parents join in)

 **HEART SPACE**
YOGA & BODYWORKS

www.heart-space.yoga *

These community classes are all FREE

ALL PROPS PROVIDED. BOOKING REQUIRED

***BOOK ONLINE VIA WEBSITE**

Resurfacing scheme for A28 Armagh

Road, Loughgilly

Resurfacing on the A28 Armagh Road at Loughgilly will commence on Monday 13 February 2023, following the completion of advance drainage works in December 2022.

Publication of “Patient Education / Self Management Programmes for People with Long Term Conditions 2021/22”

The Department of Health has today published “Patient Education / Self Management Programmes for People with Long Term Conditions 2021/22”

20 opportunities on latest Assured Skills Financial Services Academy with FinTrU

The Department for the Economy has announced 20 high quality training places on the latest Financial Services Accelerate Academy with FinTrU.