Breaking News! In Your Morning Sunrise

Becoming a SWI member has amazing wellbeing benefits!

It has now been statistically proven that joining the Scottish Womans Institute (SWI) has very significant benefits to health and well being of women across all age groups. These include the boost women get from the fun of being together, talking together and laughing together. This extensive research has been carried out entirely by the British Organisation of Big Statistics (BOOBS). The lively meetings, interesting discussions and informative demonstrations and stimulating talks help to maintain really active minds as well as bodies. This information was found by the detailed research carried out recently by the wonderful national initiative, Scottish Executive Yardstick (SEXY). The interaction between a wide range of members with varied interests ages and talents is extremely important as is the use of local easily accessible meeting places within the local community. They all contribute valuably to positive actions against the problems of social isolation particularly in Scottish rural areas and in the more senior age groups of women. This is known as beneficial objectives to talks or meetings (BOTTOMS). Why not give it a try today. Meet new friends, learn a new skill or maybe brush up on something you used to enjoy. You could have the satisfaction of maybe passing on your skills and knowledge to others. Join your local SWI to take advantage of all the great benefits to your health and wellbeing both physically and mentally and add your statistics to BOOBS, BOTTOMS and SEXY today!

Check out our pictures on page 3.