



GROUP COLD WATER SWIMMING - WITH CHILL

October – November 2024– Lyme Regis

EVENT OVERVIEW

Group Cold Water Swimming with Chill.

The benefit of cold-water immersion for the treatment of depression and anxiety has long been known and practiced.

QUOTES

“The Chill course was invaluable for learning about the safety aspects of cold-water immersion and of sea swimming. Our instructors were incredibly knowledgeable and took good care of us. I was already a cold-water swimmer but enjoyed dipping with a lovely bunch of people and witnessing the joy of the newcomers to cold water therapy! Overall, a wonderful course full of vital information, fun, laughs....and cake!”

TESTIMONIALS

Very enjoyable course. Great camaraderie amongst the group giving encouragement and support. Lovely instructors and volunteers who were supporting the group. Great sense of achievement to do something you wouldn't perhaps have done and with a group of people who just get it.

THANKS TO

Macmillan, Chill & Volunteers



9 in attendance

HOW LIKELY ARE YOU TO RECOMMEND THIS EVENT

TO ANOTHER CLIENT? 5/5

