

Destination Wellbeing ...

Next Stop: **Embracing Culture**

Leeds is a vibrant city bursting with life and cultural energy. Leeds boasts a thriving arts and music scene, a passion for sports, rich industrial heritage, and a dynamic culinary landscape. 2023 is being hailed as the 'Year of Culture' in Leeds, as the city continues to embrace contemporary trends as a diverse and captivating destination. All this combines to make Leeds the perfect place to visit.

A Day Out in Leeds

Immerse yourself in art and history at the **Leeds Art Gallery**, showcasing a remarkable collection of British and international art.

Leeds takes centre stage in Yorkshire's sculpture triangle, so don't miss the **Henry Moore Institute** next door to Leeds Art Gallery. Moore was a sculptor who started his training in Leeds in 1919.

Leeds City Museum provides great insights into history and culture, housing the 'Voices of Asia' gallery, which celebrates the sights, sounds and diversity of Asian communities in the city.

Leeds is renowned for its beautiful **Victoria Arcades** - check out Queens Arcade, Grand Arcade and the exquisite **Victoria Quarter**.

See the award-winning, world class **Opera North** perform in their home city at **Leeds Grand Theatre**. You can also experience the **Northern Ballet**. Leeds is the only UK city outside of London to have resident ballet and opera companies.

The city's rich culture and diverse population is undoubtedly reflected in its wide range of eating places and varied cuisine.

Leeds regularly hosts **music events** at a variety of independent and larger venues, including First Direct Arena, O2 Academy Leeds,

Leeds University Stylus, Headrow House and Brudenell Social Club.

Leeds Kirkgate Market is the largest covered market in Europe and is home to 800+ stalls selling food, drink, clothes, trades, jewellery, and homeware. It truly is a must if you want to embrace the culture of Leeds.

The Parade, City Square, Leeds

