

FREE



Healthy Body Healthy Mind

Mental Health Awareness Week 2018



Did you know that physical activity is
beneficial for your mental health and wellbeing?

Come and learn more about how to look after your body and mind at a free
unique workshop delivered by Healthy Minds and Places for People Leisure.

LEARN tips,
tools and
techniques for
managing stress.

EXPLORE
the links between
physical activity and
positive wellbeing.

Get
PHYSICAL
with a 45 minute
circuit class for all
abilities.

Saturday 19 May 12:30pm - 3:00pm

Epping Sports Centre, 25 Hemnall Street, Epping, CM16 4LU

Sunday 20 May 10:30am - 1:00pm

Ongar Leisure Centre, The Gables, Ongar, CM5 0GA

Booking is essential, please visit:
www.healthybody-healthymind.eventbrite.com