



**Sport
In Mind**



FREE!

Badminton & Table Tennis for Mental Wellbeing

**Starts
2nd
Feb22!**

Time

Every Wednesday 11:30-12:30PM







Venue

Sports Hall, Woughton Leisure Centre, Rainbow Drive, Leadenhall, Milton Keynes, MK6 5EJ
What3Words location - anyone.mash.that

Description

Fun, casual drop-in session for people experiencing mental health problems. It is run by a qualified coach, all equipment is provided and open to all abilities!

This group is provided FREE by mental health charity Sport In Mind for the benefit of local people. Your local representative is Beth!

   @sportinmind  info@sportinmind.org  www.sportinmind.org  07760958668

Working in partnership with



LOTTERY FUNDED

