

Wellbeing Activity Day

Friday May 17th

'Movement: Moving more for your mental health'

Please join us for these fun and active sessions....no need to book!

- 10-11 Tai Chi and Qigong with John
- 11-12 Bollywood Dancing with Usha
- 12-1 'LIFT' chair exercise with Michelle
- 1-2 Yoga with Eloise

Union Offices, Quarella Road, Bridgend, CF31 1JW

For further information contact community@mhmwales.org

or call (01656) 767 045