



**Sport  
In Mind**

**FREE!**

# Mum & Baby Gentle Pilates for Mental Wellbeing



Attendee Sign-Up

**Time**

**Mondays at 10 - 11am (First session starts 20/11/2023) \*Booking required\***

**\*Runs within Slough term-time dates\***



**Venue**

Romsey Close Children's Centre, Romsey Close, Langley, Slough SL3 8PE

**Description**

Gentle Pilates and light movement for mums and babies (under 1) with our lovely instructor Natasha! These sessions are for mums experiencing low mood, isolation or loneliness or difficulties with their mental health.

**This group is provided FREE by mental health charity Sport In Mind for the benefit of local people.**

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