



**Sport  
In Mind**



**FREE!**

# Mum & Baby Gentle Movement & Exercise for Mental Wellbeing



Attendee Sign-Up

**Time**

**Tuesdays at 11am - 12pm \*Booking required\***

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



**Venue**

Maidenhead URC Church, West St, Maidenhead, SL61RL

**Description**

Light movement and exercise for mums and babies with our lovely female instructor Alex! These sessions are for mums and babies (under 1) 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.**



@sportinmind



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www.sportinmind.org



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