



**Sport
In Mind**



FREE!

Stretch & Relax for Mental Wellbeing

Time Wednesdays 1:30 - 2:30PM

Venue Springwater Church Garden, Blounts Court Road,
Peppard Common, Henley, RG9 5EU

Description Fun, casual drop-in Stretch & Relax session for
people experiencing mental health problems. All
abilities welcome!

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  07341267740



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