



Mindful Sport

Evening Relaxation Swimming

Every Wednesday, 8pm to 9pm
Robinson Pools & Fitness, MK40 2JZ

Starting Wednesday 18th October 2017

Had a stressful day? Take some time to clear your mind & swim at your own pace. One hour of gentle swimming with relaxing music in a calm quite environment.

Find information & signposting to wellbeing services from EFLT & Mind BLMK in the café area



£3
per person
for Adults
18+

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

Book at Robinson Pool or #JustTurnUp & pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



For more information, please contact Robert Lindsay:

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