



**Sport
In Mind**

FREE!



Mum & Baby Dance and Movement **for Mental Wellbeing**



When Mondays at 10-11am

*Running through the
Summer Holidays!*



Where Chalvey Grove Children's Centre,
Montem Primary School, Slough SL1 2TE



Attendee Sign-Up



What A relaxed dance & movement session for mums and their babies under 1, with our lovely instructor Divneet!

This session is aimed at mums experiencing low mood, isolation or mental health problems.

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

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