

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



When

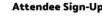
Mondays at 10-11am

Running through the Summer Holidays!



Where

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





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.





(O) f 💆 @sportinmind





info@sportinmind.org www.sportinmind.org 0300 102 1400









