



**Sport
In Mind**



FREE!

Parent & Toddler Exercise to Music for Mental Wellbeing



When

Mondays at 11am-12pm



Attendee Sign-Up



Where

Chalvey Community Centre, Ladbroke Road, Chalvey,
SL1 2SR



What

A beginner-friendly HIIT style session designed for parents with toddlers (18 months - preschool). This energising session introduces low-impact movements to help you boost your mood, build confidence, and reconnect with your body. Move, connect, and take a positive step for your mental wellbeing. Toddlers welcome to join in or play near to you in the room.



@sportinmind



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