

# FREE BOXERCISE



For people experiencing mental health issues

**AGED 18-25**

A warm up, then non-combat boxing-based fitness and relaxing cool down meditation to finish.

**All Genders welcome!**

Running from 17th April 2023 to 17th July 2023

**Mondays 11am-12pm**

**Centrale Shopping Centre, Upper Mall, Active Communities Hub**

You can refer yourself via our online form on our webpage:

[www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/](http://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/)

Or by scanning this QR Code



*If you need support to apply, a health professional or community worker can refer you via our webpage too.*

Alternatively email [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)

or call us on **0208 253 8205**

