

# MOVE FOR MOOD

Physical activity isn't just good for your physical health – it's great for your mind too.

**Want to find out how to get started or try a new activity?**

Join us and find out more about the physical activity offer in Islington. There is something for everyone.



 **Wednesday 28th January**

 **1 – 3:30pm**

 **Vibast Community Centre, 167 Old St, EC1V 9NH**

## WHO IS THE EVENT FOR?

Anyone with an interest in improving their mental health through physical activity

## WHAT TO EXPECT?

- Short information session on tips for getting more physically active
- Information stall on physical activities that are low cost/free and accessible
- Optional taster sessions
- Refreshments and a warm welcome



If you would like to find out more information about the event, please scan the QR code or you can email [john.thorne@islington.gov.uk](mailto:john.thorne@islington.gov.uk)

**THIS A DROP-IN EVENT SO NO NEED TO BOOK!**



NHS  
North London  
NHS Foundation Trust

healthwatch  
Islington

BETTER

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For a more equal future