

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

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