



Forward Thinking Females

In Partnership with Maidstone Leisure Centre

A course for young women aged 14-25 to improve overall wellbeing, physical and mental health.

Have you been thinking that you would like to try exercise but not sure where to start? Are you unsure of yourself and body? Then this course is for you.

Topics covered over the course will include:

- Tackling unhelpful thinking, to help overcome anxiety, stress and depression
- Diet, exercise and lifestyle choices
- Positive body image activities
- Goal setting and forward planning

The course will consist of 2 Sessions on a Wednesday:

Workshops - 1pm - 2pm

Sport Sessions - 2pm - 3pm

This course used to be costed, but multisports and the workshop sessions are now fully free. Starting the 2nd Oct for 6 weeks (not including 23rd Oct)

Contact mindhelp@mmkmind.org.uk or Call: 07534 044518 for more details.
The course will take place at Maidstone Leisure Centre (ME15 7RN).



www.maidstonemind.org
Registered Charity no 1167328

