

Exercise 2 Health Project



Exercise 2 Health is a project run by Mind in Mid Herts that promotes exercise as a way of improving mental health and general well being. The project raises awareness of the benefits of exercise for mental health and increases access to exercise for people experiencing mental distress.

Up coming **FREE** taster classes

Type of session	Day and dates	Time	Location	Need to book	More information
Yoga	Every Monday	2.30 3.30	Yoga Hall, St Albans	Yes	Running till the 17 th March
Dance	Wednesday 19&26 th March	2 – 3.30	The Maltings Art Theatre in St Albans	No, but it would help	A mix of bollywood, salsa, ceroc etc
Swimming	Friday 28 th March & 4 th April	1030 1130	Sports Village, Hatfield	Yes, as there limited spaces	For people that can swim but would like to improve
Dance	Wednesday 2&9 th April	2 – 3.30	Hapenden Public hall	No, but it would help	A mix of bollywood, salsa, ceroc etc

Please contact us to find out more about our activities and to book on to them.

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