

STRONG BODY, HEALTHY MIND

Are you aged 11-14?

Would you like to workout with an instructor in a gym and also learn techniques and skills to help your overall emotional and mental wellbeing?

Then join PlusBeyond and Middlesbrough and Stockton Mind every Thursday for a holistic workout.

Working in a small group of no more than eight other young people you'll get to exercise your body and mind.

What?

There will be a 45 minute gym session with a different focused activity each week followed by a 45 minute relaxation and mindfulness session. The idea is that a healthy and strong body is as important as a healthy and emotionally strong mind.

Where?

PlusBeyond,
Unit 7, Douglas Close,
Preston Farm Business Park,
Stockton on Tees,
TS18 3SB

When?

EVERY THURSDAY
Starting 15th July until 2nd Sept
FROM 6 – 7:30PM

    @MboroStcktnMind



The session is £10 each week and spaces are limited.
To secure yours call our team on 01642 257020 or email
info@middlesbroughandstocktonmind.org.uk

 mind
Middlesbrough
and Stockton

+ BEYOND