



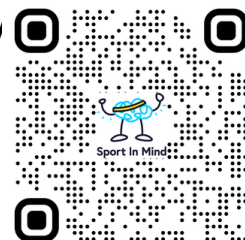
# Sport In Mind

January 2024

## Mum & Baby East Berkshire

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems".

To find out more about sessions near you, check out our Activity Map on [sportinmind.org](http://sportinmind.org) or contact Claire on 0118 947 9762!



Attendee Sign-Up

**\*Sessions run weekly during term-time\***  
**Starting Monday 8th January 2024!**

### Bracknell

Day	Time	Activity	Instructor	Venue
Friday	10-11am	Mum & Baby Movement & Exercise	Simone	The Willows, Priestwood Court Road, Bracknell RG421TU

### Slough

Day	Time	Activity	Instructor	Venue
Monday	10-11am	Mum & Baby Gentle Pilates	Natasha	Romsey Close Children's Centre, Romsey Close, off Ives Road Slough SL3 8PE

Booking required

### Maidenhead

Day	Time	Activity	Instructor	Venue
Tuesday	11am-12pm	Mum & Baby Gentle Exercise	Alex	Maidenhead URC Church, West St, Maidenhead, SL61RL

Booking required



@sportinmind

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