



Sport In Mind

January 2024

Mum & Baby Reading

"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 or contact Claire on 0118 947 9762!

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



Attendee Sign-Up

Mum & Baby Sessions

Day	Time	Activity	Instructor	Venue
Mon	1-2PM	Mum & Baby Movement & Exercise	Lucy	Reading Museum, Town Hall, Blagrove Street, Reading, RG1 1QH
Tues	10-11AM	Mum & Baby Yoga	Chris	Sun Street Community Centre, Sun St, Reading RG1 3JX
Thurs	1:30-2:30PM	Mum & Baby Yoga	Chris	Museum of English Rural Life, 6 Redlands Road, RG1 5EX (meet in reception)

Pregnancy Sessions

Tues	8pm-8:45pm	Pregnancy Movement & Yoga	Lucy	Lyndhurst Road Community Centre, Tilehurst, Reading, RG306UB
------	------------	---------------------------	------	--



@sportinmind info@sportinmind.org www.sportinmind.org 01189479762