

# Getting active to feel good



Come and join our WOW taster and try out **yoga, stretching and dance**

Venue: Sun House, Chesham, HP5 1HU

20<sup>th</sup> April, 2.30pm

Getting active is good for our bodies – but there's evidence that it's good for our minds too.

**Bucks Mind** invites you to try out a taster session for free as part of Mind's Get Set to Go programme.



Get Set to Go aims to improve the lives of people with mental health problems through sport. The programme is funded by Sport England and the National Lottery.