

Mental Health & Wellbeing



- ✓ Exercise can help people with mild depression and anxiety
- ✓ Physical activity can help to positively change our mood
- ✓ Being active gives a sense of greater self-esteem, self-control and the ability to rise to a challenge.

Try one of our classes

Monday

09:00 – 09:55 Tai Chi
for movement & wellbeing (TMW)

16:15 – 17:15 Vinyassa Yoga

Wednesday

12:00 – 13:00 Beginners Pilates
19:00 – 20:00 Core Balance

Thursday

16:30 – 18:00 Hatha Yoga

Friday

08:15 – 09:15 Pilates

Sunday

10:00 – 11:00 Core Balance

To book a place call 01437 775959

www.pembrokeshire.gov.uk/leisure