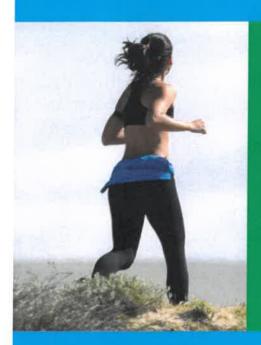
# Milford Haven



# **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 selfesteem, 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