



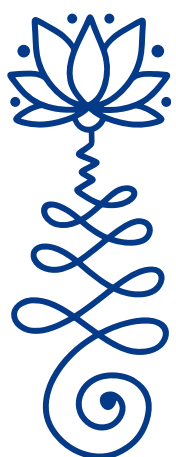
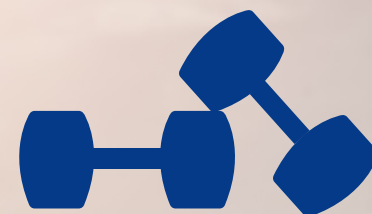
Feel Good Tuesdays

1.30pm to 2.30pm



Inclusive sessions for
young adults 18+ with
learning disabilities

Wellbeing



- Gentle exercises
- Low impact
- Strengthening
- Pilates & Yoga inspired

Active Dacorum
Community Hub
Redbourn Road
Hemel Hempstead
HP2 7BA



www.inclusiveunited.co.uk/events

