

Mental Health & Physical Activity Networking Event

On Wednesday 22nd February 2023 - 10am - 12:30pm
at Bedford International Athletics Stadium,
Barkers Lane, Bedford MK41 9SB

There is no cost to join us at this event - Hot drinks will be supplied, food will be available to purchase from the Cafe

We would like to make mental health discussions as common place as talking about ankle injuries or pulled hamstrings. Meet others who have delivered mental health specific physical activity sessions and hear updates from MHFA (Mental Health First Aid England) tutor Lianne Bowskill.

There will be a preview of our NEW programme for 2023, which aims to support people with long term health conditions.

So please join us for networking and sharing best practice.

RSVP



For more information or to register your attendance email
alison.brightman@bedford.gov.uk
by Friday 17th February 2023

Lets be open about
mental health