



Community  
Sports  
Trust

Realising Potential  
Include, Innovate, Inspire

# Yoga Class for Females

Weekly session in a female-only space, open to people of all abilities

On  
Your  
Side

Participants: **Women 18+**

Open to MINT and forensic service users under the care of West London NHS Trust and adults seeking support with their mental health

Date: **Every Thursday**

Time: **13.30 - 14.30**

Location: **Feltham Assembly Hall  
Hounslow Road, Hounslow  
TW14 9DD**

Activities for children under 5 available



For more information, please contact: [health@brentfordfcst.com](mailto:health@brentfordfcst.com)

**Just turn up and join in!**