



Community  
Sports  
Trust

Realising Potential  
Include, Innovate, Inspire

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# Introduction to Healthy Lifestyle

A 12-week course exploring physical health and lifestyle changes

On  
Your  
Side

Each week participants will try a new physical activity, whilst building a foundation for long-term wellbeing

Participants:

Adults 18+

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

Start Date:

Thursday 16th January 2025

Time:

11.00 - 12.00

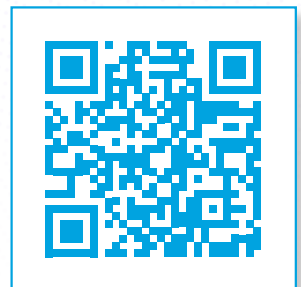
Location:

Community Stadium Hub,  
1a Thomas Layton Way, London TW8 0SB

Scan the QR code to register

For more information, please contact:

[health@brentfordfcst.com](mailto:health@brentfordfcst.com)



**NHS**  
West London  
NHS Trust



London Borough  
of Hounslow