

Badminton for Mental Wellbeing

Time

Every Wednesday -1pm to 2pm

Venue

K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ What3Words - ///format.escape.insect

Starts 22nd ovember

Attendee Sign Up

Description

Fun, casual drop-in Badminton session, for people experiencing mental health problems. All abilities welcome and equipment provided!

This group is provided FREE by mental health charity Sport In Mind for the benefit of local people. Your local representative is Tom!















