

Do you
have a mental
illness?

Would you
like to feel better
through exercise
with people who
understand?

Wellbeing Circuits Class

Starting February 2nd 2012

Every Thursday 12 -1pm at York St John University Sports Hall
£3 per session, no need to book

If you would like to know more contact Katie Ellis on
(01904) 553377 or e-mail katie.ellis@york.gov.uk or
visit www.york.gov.uk/heal