

# Boost your mood



Funded by



Provided by



## Harrow Active Minds

Affordable courses in local venues

For Harrow residents aged 19+ looking to improve their wellbeing

4-week wellbeing courses  
exploring topics such as  
stress management

6-week activity courses in a range  
of sport and creative subjects such  
as yoga and craft

To order our free brochure for courses in Jan to March 2016 contact the  
courses coordinator: [emily@mindinharrow.org.uk](mailto:emily@mindinharrow.org.uk) 0208 515 7860