TENNIS FOR MENTAL WELLBEING

FREE INDOOR SESSION THURSDAYS
2.00–4.00pm, starting 16th November

Venue: Reading University, Shinfield Rd, Reading RG2 7BW

Description: Fun, casual drop-in tennis session for people experiencing mental health problems at the new indoor tennis courts at Reading Uni.

Meet outside SportsPark Cafe at 2pm, or meet at the green & white Tennis Dome, located next to the outdoor tennis courts. All abilities welcome!

This group is provided FREE by local charity Sport in Mind & the Berkshire LTA to promote mental well-being.

Laura: 07341267740  info@sportinmind.org

www.sportinmind.org

Lotto Funded  Sport England  LTA British Tennis Berkshire  Berkshire Healthcare NHS Foundation Trust  Sport in Mind