



Pace Of Mind

Want to feel healthier, connect with like-minded people and enjoy yourself? If the answer is YES then Pace of Mind running group is for you!

Pace of Mind is a partnership programme delivered by Norfolk and Waveney Mind, South Norfolk Council and Active Norfolk to help people with mild to moderate mental health conditions to be more active, socialise and feel better. There is also the opportunity to take part in Wymondham 10k on 24 November.

We are starting a new, free activity in Wymondham: a run-for-fun, set-your-own goals group led by a qualified coach and physical activity support worker with plenty of outdoors exercise followed by a friendly get together!

Where?

Ketts Park, Wymondham NR18 0UR, just off the A11 – meeting point outside the community and recreation hall.

Dates:

TASTER SESSION: Thursday 12 September, 18.00

REGULAR SESSIONS: every Thursday from 12 September until Christmas, 18.00-19.30

Please contact Anna on anna.hattersley@norfolkandwaveneymind.org.uk

www.norfolkandwaveneymind.org.uk