



TABLE TENNIS FOR MENTAL WELLBEING

Every Friday 2-3pm

Starting Friday 7th February 2020

Venue: YMCA, 2 Lawsons Rd, Henley on Thames RG9 1NZ

Description: Fun, casual drop-in table tennis session for people experiencing mental health problems and carers.

All abilities welcome!

This group is provided **FREE** by mental health charity **Sport in Mind** for the benefit of local people.



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