



Get Active with our

Leyton Wellbeing Programme

Sessions for
Children and
Adults

Meet up with
your friends
and neighbours

No experience
or equipment
needed

FREE 1 HOUR SESSIONS

Starts Tuesday 3 September 2024 until December 2024

SESSIONS ARE FREE

The Wellbeing Programme will be held at
Leyton Sports Ground, 485 High Road, Leyton, E10 6PY



TUESDAY 1pm to 2pm –
Yoga & Seated Yoga



WEDNESDAY 12.30pm to 1.30pm –
Keep Fit Group Exercise (Seated and Standing)



SATURDAY 3pm to 4pm –
Cricket & Multi Sports ages 6 to 14



The free sessions are perfect for those wanting to start or try out gentle fitness activities. For more information and to register for the sessions, please email Feel.Good@WalthamForest.gov.uk

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