



# Sport In Mind

June 2025

## Mum & Baby Brent

These classes are fun, inclusive and open to women who may be feeling they want to connect with other mums and use movement to support their physical and mental wellbeing; whether it be low mood, anxiety or more serious mental health factors. Please come along and see how these free open weekly drop in classes can benefit your mood and wellness. If you have any questions just contact [info@sportinmind.org](mailto:info@sportinmind.org) or call 01189479762

**\*Sessions run weekly during term-time\***

### Mum & Baby Sessions

Day	Time	Activity	Instructor	Venue
Mon	12 - 1pm	Mum and Baby Yoga	Julie	Chalkhill Community Centre, 113 Chalkhill Road, Wembley Park, Wembley HA9 9FX
Weds	10 - 11am	Mum and Baby Strengthen and Stretch	Liz	Three Trees Family Wellbeing Centre, Tiverton Road, Kensal Rise, NW10 3HL
Fri	9.30 - 10.30 am	Mum and Baby Gentle Movement to Music	Christine	St Raphael's Family Wellbeing Centre, Rainsborough Close, St Raphael's Estate, London, NW10 0TS



   @sportinmind  [info@sportinmind.org](mailto:info@sportinmind.org)  [www.sportinmind.org](http://www.sportinmind.org)  01189479762



Attendee Sign-Up



**Brent**



**NHS**  
Central and  
North West London  
NHS Foundation Trust