

Get Active in Brent

Public Health



Walking for Health

Free walking groups across Brent



Outdoor Gyms

Free instructor led sessions



Sport in Mind

Free exercise sessions for mental wellbeing



Community Sessions

Free exercise sessions in community spaces



Our Parks

Free exercise sessions in Brent parks and libraries



Steady and Stable

Free falls prevention sessions for those over 50 years.



For more information contact
healthyliving@brent.gov.uk

