

# Movement for your Mind

Antrim and Newtownabbey Borough Council are now offering exercise sessions to support mental health.

These classes provide light to medium group-based exercise that can help to improve physical and mental well-being.

**Ballyearl Leisure Centre: Mondays, 6-7pm**

**Valley Leisure Centre: Tuesdays, 6-7pm**

**Crumlin Leisure Centre: Tuesdays, 6-7pm**



Exercise is a great way to boost your mood and reduce stress, so why not take advantage of this fantastic opportunity?

Book in advance online, the classes are free for members.

**Book now**



**MORE**  
*active, often...*

[antrimandnewtownabbey.gov.uk/more](http://antrimandnewtownabbey.gov.uk/more)