

RESILIENT REDS



SUPPORTING HEALTHIER BODIES AND STRONGER MINDS

COTGRAVE

COTGRAVE MINERS WELFARE, NG12 3PJ

Every Tuesday, 2:00pm – 3:30pm

STARTS: TUESDAY 23 JUNE

- BUILD CONFIDENCE AND WELLBEING
- MAKE HEALTHIER LIFESTYLE CHOICES
- SHARE IN A SAFE, SUPPORTIVE SPACE
- IMPROVE FITNESS, STRENGTH AND BALANCE
- ONGOING DIGITAL SUPPORT FOR EVERYDAY TECH USE



FREE TO ATTEND
TURN UP OR BOOK YOUR PLACE



CLICK FOR MORE
INFORMATION

TRICKY
TO TALK

For more information, contact: community@nottinghamforest.co.uk



**NOTTINGHAM FOREST
COMMUNITY TRUST**

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