



YMCA Inclusive Lives project are delighted to announce a new course for people with learning disabilities.

Come along and meet Tracy Ryan, fitness and nutrition expert at our new

Live Well Be Well sessions. This free 10-week course starts on Saturday November 11th

Takes place at the Searchlight Centre between 11.30 – 1.30



Hosted by Kingston Mencap at
The Search light Centre
Kingston Road
New Malden
KT3 3RX



For further information call Michelle on 07745 814 050 or Email: michelle@kingstonmencap.org.uk

It will be your responsibility to get medical advice from your GP if you have an existing medical condition.