

YMCA INCLUSIVE LIVES

We believe that every person should be able to fulfil their full potential



Creating Wellness

6-week course:
Wednesdays
25th April to 30th May
12.00-3.00pm

Join us for a **FREE**
therapeutic journey exploring
the creative expression of wellness

Discover how to transform our feelings towards their optimum expression and become our best selves through the mediums of movement, music, art and poetry.

- Create tools for wellness
- Explore emotions and experience increased wellbeing
- Play with creative expression in a supportive environment

Open to all

Searchlight Centre, Kingston Road, New Malden KT3 3RX

For more information contact Tracy Ryan:

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Creating Wellness is part of the YMCA Inclusive Lives project which supports people to get active and engaged in their communities through a wide range of health and wellbeing activities. The YMCA Inclusive Project is funded by the Big Lottery Fund.

YMCA London South West is a registered charity.



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.