



The YMCA's Inclusive Lives Project are running 3 new courses with Kingston Mencap at the Searchlight Centre, Kingston Road, New Malden, KT3 3RX

All 3 courses are **FREE** will run for 6 weeks.

For more information or to register please email [michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk)



### Creating Wellness with Katrina and Sara

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

Create tools for wellness  
**Booking is essential.**

**When: Wednesday 6th June 12 - 3 pm.**  
Bring a packed lunch, refreshments provided.

### Food For Thought With Tracy

How can our food affect our mood? During this 6 week course learn how to choose the right ingredients, prepare healthy, nutritious meals on a budget and most importantly, boost your mood!

**Booking is essential.**

**When: Tuesday 12th June  
OR Wednesday 13th June**

**Time: 3 - 5.00pm**

**Please let me know which day is better and the course will run on the most popular afternoon.**

**AND**

### Pilates with Tracy

**Pilates** is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance and helps with relaxation.

**When: Friday 15th June  
Time: 5.30 - 6.15**