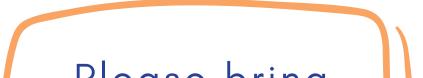
## Weekly Yoga for Mental Wellbeing for EVERYONE!

Join us at Supporting Humanity's FREE walk-in Yoga sessions (no registration required!)

**Starting Thursday 17th November** 





## Every Thursday 1pm to 2pm

## Where: Belgrave Community Centre 285-291 Wanstead Park Rd Ilford IG1 3TR

Please bring your own yoga mats Water and yoga mats available (subject to availability)



Registered Charity No: 1193241