



# Power Our Minds

Physical activity is important for maintaining a healthy body and beneficial for our mental health and wellbeing.

Having a mental health problem increases the risk of developing a serious health issue.

Power Our Minds, provides a place where you can get active, make new friends and socialise.

Sessions are designed to support people who experience generalised anxiety, stress, PTSD and other conditions. A timetable of activities will be made available to you on the POM programme.

To sign up or speak to a member of the team call **01582 400272** or email [healthandwellbeing@activeluton.co.uk](mailto:healthandwellbeing@activeluton.co.uk)

Sign up and receive a 10 for £10 voucher which will enable you to enjoy 10 Active Luton activities for just £1 per session.