

The Ethnic Minority Centre



Presents **FREE**

Swimming, Yoga, Soft Exercise, Bowling,
Zumba, Cycling, & Pilates

“Developing Strength and Balance”

To help improve your physical, mental, social
and emotional wellbeing

Time: 12pm – 4pm

Venues: Mitcham Library, Vestry Hall,
Canon House Ground & Park,
and Mitcham Canon Leisure Centre

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