

The Ethnic Minority Centre



Provides **FREE**

**10 weeks Swimming Session**

“Developing Strength and Balance”

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

**Date: Starting Friday 23rd February 2024**

**Time: 11am – 12pm**

**Venue: Canon Leisure Centre Mitcham**

For Registration contact on 020 8648 0084, M: 07865216046 or email [ethnicminority@btconnect.com](mailto:ethnicminority@btconnect.com)

EMC, The Vestry Hall, 336 London Road Mitcham, Surrey, CR4 3UD, Phone:

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