

In celebration of Learning Disabilities Week 2022,
Sport for Confidence invite you join us for a **FREE**

Multi-Sports Activity Session

Come and try something different, meet friends, learn new skills



Wednesday 22nd June, 1– 2pm

**Waltham Forest Feel Good Centre, 170
Chingford Road, E17 5AA**

This programme is developed and delivered by an award winning Occupational Therapy and Specialist Coaching Team, who aim to break down barriers to participation and improve health and wellbeing through inclusive sport. Suitable for people aged 16+, all levels and abilities welcome.

For more information email
hannah@sportforconfidence.com

