

Challenge Me!

6 week Multi-Sports sessions for adults

Multi-sports sessions for those who would like to improve their mental health and wellbeing.

£2.00
per session



A collaborative multi-sport session that engages the participant via a series of sport activities, whilst providing strategies to cope with mental health.

Rewards & Incentives

Challenge You loyalty card signed
by instructor each week.

Sessions available at:
Edmonton Leisure Centre.



Session Theme	Activities
Mood Test	Badminton
Positive Self Talk	Dodgeball
Visualisation	Upper Body Fitness Circuit
Health and Wellbeing Goals	Volleyball
Mental Health Coping Strategies	Basketball
Mood Test	Lower Body Fitness Circuit

For more information please give us a call on: **020 8885 7308**

Alternatively, you can email the programme coordinator Susanna Banjo on:
Susanna.Banjo@fusion-lifestyle.com