

# Move for your mental health

Join a START (Support, Transition and Recovery Team) event this Mental Health Awareness Week (13-19 May).

## Monday, 13 May

- **Weymouth – fight back mental health** – 10.30am-12midday – boxing (non-contact) related exercise for 90-minutes. No experience needed. At Weymouth Boxing Club, 32a Hardwick Street, Weymouth DT4 7HS. Text Matt (07824 104646)
- **Dorchester – walking group** – 11am – meet at the San Telmo chip shop in Fordington. Contact Hannah (07769 931698)
- **Lyme Regis – walking for wellbeing** – 11am – meet next to Cobb Gate car park (by the big anchor), Bridge Street, Lyme Regis, DT7 3QD for an hour's walk at a gentle pace with frequent stops to take in the beautiful views. Contact Pam (07717 736234).

## Tuesday, 14 May

- **Dorchester – circuit group** – 11.35am-12.15pm – join the circuit group at Anytime Fitness in Dorchester (Brewery Square, DT1 1GY). Contact Haylee (07766 026673).

## Wednesday, 15 May

- **Bridport – swimming group** – 12midday – swimming at Bridport Leisure Centre. Meet in the foyer. Price is £4.80 per person – Contact Matt (07824 104646)
- **Dorchester – swimming group** – 3pm – swimming at Dorchester Sports Centre. Prices are £5.50 or £4 concessions. Meet in foyer. Contact Sarah (07717 422049).

## Thursday, 16 May

- **Dorchester – Haylee's Fitness Club** – 12-1pm – join our resident person trainer and fitness enthusiast Haylee who will be facilitating an exercise class on the Great Field. Whilst you're there get some diet and nutrition tips and get your own personalised training program. Contact Haylee (07766 026673).

## Friday, 17 May

- **Dorchester – circuit group** – 1-2pm – join the START circuit group at Anytime Fitness in Dorchester (Brewery Square, DT1 1GY). Contact Haylee (07766 026673).