

FREE FOR MEMBERS OF A NORTHAMPTONSHIRE
BASED BRANCH

MENTAL HEALTH & WELLBEING

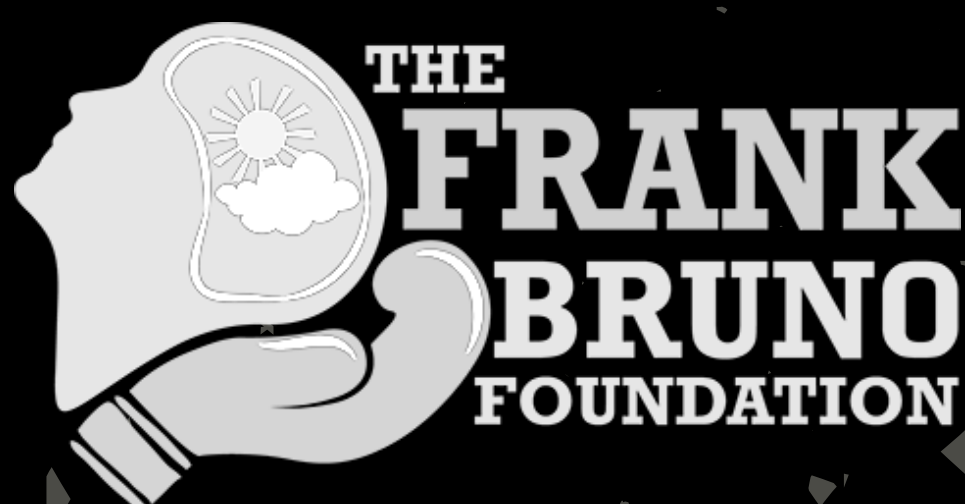
**+ NON-CONTACT BOXING
FITNESS SESSION**

Join us in a fun and inclusive day where we offer teambuilding games and non-contact boxing along with a mental health and wellbeing workshop delivered by the Frank Bruno foundation

**Thursday 23rd March
10:30 to 2pm
Wallwelled Court,
Northampton**

[Apply Here](#)

or email
unisonnorthantslearning@gmail.com



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