



TENNIS FOR MENTAL WELLBEING

FREE INDOOR SESSION THURSDAYS
2.00–4.00pm, starting 16th November

Venue: Reading University, Shinfield Rd, Reading RG2 7BW

Description: Fun, casual drop-in tennis session for people experiencing mental health problems at the new indoor tennis courts at Reading Uni.

Meet outside SportsPark Cafe at 2pm,
or meet at the green & white Tennis
Dome, located next to the outdoor tennis
courts. **All abilities welcome!**

Buses from town:



This group is provided FREE by local charity **Sport in Mind**
& the **Berkshire LTA** to promote mental well-being.

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 **info@sportinmind.org**



www.sportinmind.org

