

# Positive Steps



Weekly exercise classes by Ability Bow instructors across various Tower Hamlets venues aimed at supporting people who have mental health conditions to take part in regular, supervised exercise to improve physical and mental wellbeing.

*Just ask your GP to refer you to Ability Bow gym.*



**Ability Bow**

passionate about people

## Positive Steps is a programme of weekly exercise and fitness sessions for those who have mental health issues including people with additional disabilities.

Exercise is known to improve mood by releasing endorphins the 'happy hormone' and by making you feel better physically which improves mood. Socialising in a group can also be really beneficial for mental health.

- Increase participation in exercise and fitness and encourage a more physically active life
- Improve mental well-being and increase ability to take control of one's health
- To increase mental health and community engagement.

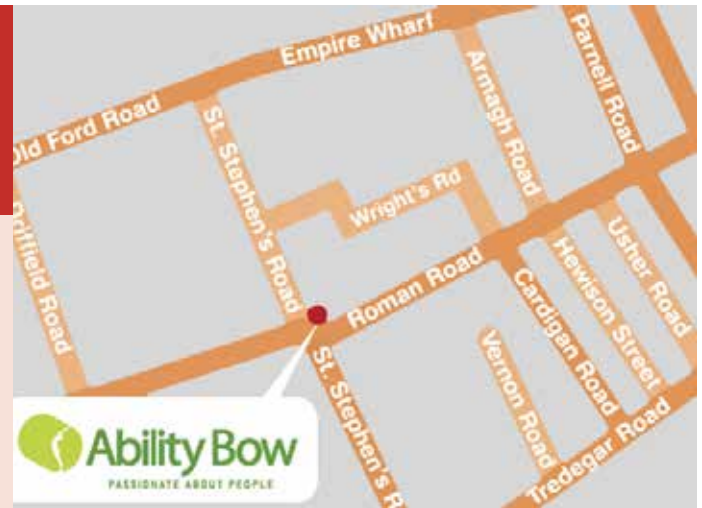
**The programme, funded by City Bridge Trust is 12 weeks long**

Classes at Ability Bow, Bow Haven and The Osmani Centre with additional venues coming soon (additional membership of Bow Haven is required to join this particular group).

**As well as exercise the activities may include:**

- Exercise in the park
- Local walks
- Healthy eating sessions
- Supermarket visits
- Monthly Social sessions

**Small fees for groups may apply, ask us for details**



We are 2 minutes walk from the No. 8 & 339 bus stop.



**For more information:**

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