

M.E.E.T

Men. Exercise. Engage. Talk.

Join us for our **FREE** weekly Sunday afternoon group for men aged 18-30.

Get to know one another, learn new skills, and get active outside. Explore and support your health and wellbeing during regular sessions.

New for 2023 - From 29th January
Every Sunday, 12pm - 4pm

Golden Gardens: The Copse,
Goldington, Bedford MK41 0EU

FREE



SUPPORTED BY:



Sign up for FREE

Email: alex.goulding@bedsrcc.org.uk

