





Join us

# FREE football and wellbeing session

Come along for a relaxed session with football, movement and good company. No pressure, just a chance to get active and feel better.



**11 May**

-  10am - 12.30pm
-  Brighton Youth Centre

[www.uok.org.uk](http://www.uok.org.uk)

Scan to find out more:



UOK and Brighton & Hove Albion Foundation working together