

# THE YEAR OF HEALTH AND VITALITY @ DWELL



♥ DWELL VISION 2024 ♥

**This year we are as committed as ever to help strengthen the Mental Health & wellbeing of our community. Whether you are experiencing mental health challenges or just want to be at your best our programs and services can help you achieve your goals.**

**One way we aim to help, is to create opportunity for you to participate in a range of health & fitness activities to improve your overall health both physically and mentally.**

**Research has shown that exercise causes the brain to release feel good chemicals such as endorphins and serotonin which helps improve mood, decreases the amount of poor mental health days and can decrease depression and anxiety.**

**So, exercising 3-5 days per week at 45mins can help create optimal health benefits.**

**So come and join us at Dwell for:**

- Yoga
- Boxing fitness
- Circuits

**and plenty more that can be tailored to individual or group needs!**