



# BAM!

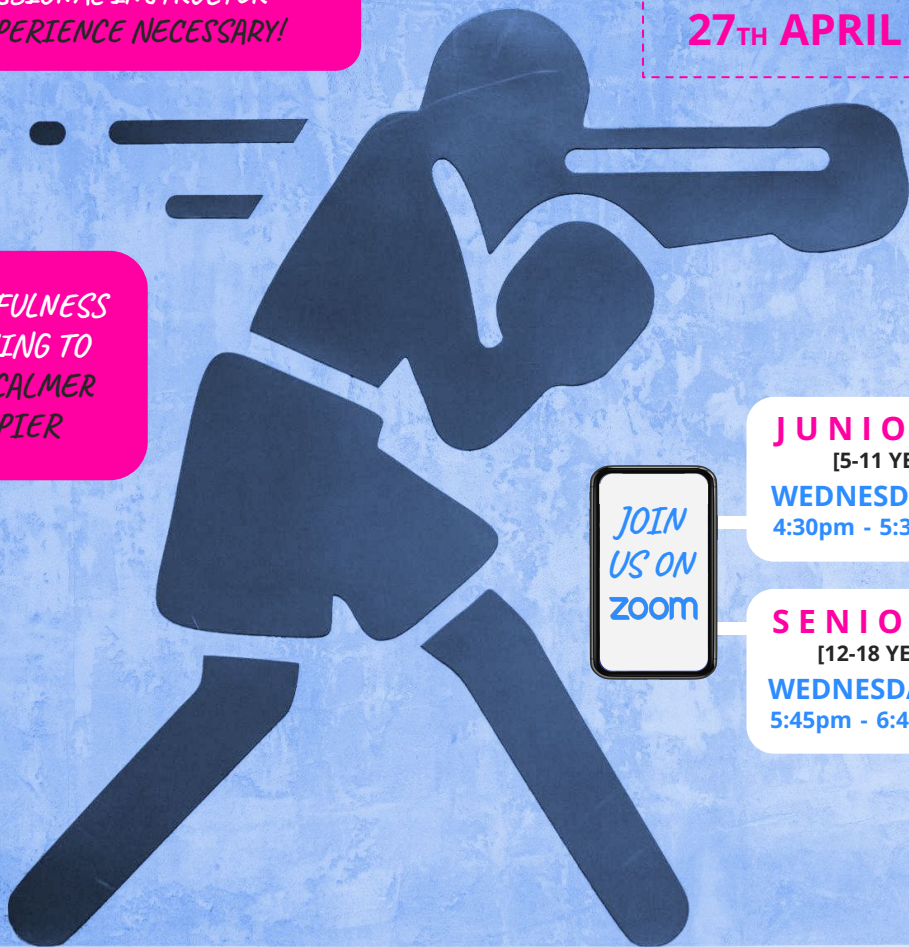
boxing  
and  
mindfulness

## A FREE GROUP FOR YOUNG CARERS

*BOXING WORKOUT WITH A  
PROFESSIONAL INSTRUCTOR  
NO EXPERIENCE NECESSARY!*

**STARTS  
27<sup>TH</sup> APRIL**

*MINDFULNESS  
TRAINING TO  
FEEL CALMER  
& HAPPIER*



JOIN  
US ON  
ZOOM

**JUNIORS**  
[5-11 YEARS]

**WEDNESDAYS**  
4:30pm - 5:30pm

**SENIORS**  
[12-18 YEARS]

**WEDNESDAYS**  
5:45pm - 6:45pm

FOR A FREE PLACE OR MORE INFO CONTACT  
**SARAH HARES** ☎ 07464 824360  
✉ [sarah.hares@actionforcarers.org.uk](mailto:sarah.hares@actionforcarers.org.uk)

 MINDFUL  
PEAK PERFORMANCE

 Action for Carers  
Surrey  
Surrey Young Carers