



**Dance
your way to
Fitness**

NHS choices Your health, your choices

The NHS Choices programme suggests these 5 steps to positive mental wellbeing:

- connect to people around you
- be active
- keep learning
- give to others
- be mindful

You can do this and more in a fun and enjoyable way by Morris dancing with the Mendip Morris Men.

Pick up a leaflet in the surgery or contact:

Brian Henshaw:
phone - 01278760538
email - mendipmorris@gmail.com
web – www.mendipmorrismen.org

