



Herts Sport and Physical Activity (HSP) would like to invite you to our next virtual conference

### **East of England Mental Health in Sport & Physical Activity Virtual Conference 2024 .**

**Date** – Wednesday 27th March 2024

**Time** – 9.30am-1pm

**Format** – Zoom Webinar

**Registration** – click [HERE](#) or the banner above to register!

This FREE conference will aim to bring to life Mind's Mental Health and Physical Activity Toolkit, with a particular focus on three areas of the toolkit:

- Involving people with lived experience of mental health problems in the design and delivery of your work.
- Making physical activities inclusive to people experiencing mental health problems.
- Engaging people in physical activity to support their mental health.

If you or someone in your network would find this valuable, then sign up now or send them the link to join and support the programme.