

We need your help!



Project Overview

MBH is a specialised programme that offers tailored mental and physical health services to individuals. The programme's primary goal is to provide personalised support to improve overall well-being. By employing a team of knowledgeable and certified personal trainers, MBH aims to become a leading provider of mental health services in the local market. Through its client-focused approach, MBH strives to enhance both the mind and body, promoting a strong and healthy lifestyle.

What support is needed:

Building work around the gym

Mind Body Health Wellbeing Gym



What difference it would make to our project?

This would help us to open our space to more people in the community

To Find out more about the group:

www.mbhowellbeing.co.uk, Facebook: Mind Body Health

If you can help this group

Please email:

communitynoticeboard@wigan.gov.uk

