



Cardiff and Vale
**Recovery &
Wellbeing College**

Fighting Fit for Recovery

Through engaging in physical activity, physical recovery, and exercise; including non-contact boxing, 'Fighting Fit for Recovery' aims to aid recovery and improve physical, emotional and mental wellbeing safely to empower the students to thrive beyond the duration of the course.

'Fighting Fit for Recovery' has been co-produced by 'Empire Fighting Chance' & Tamsin Griffiths from 'Four in Four'.

This exciting 10-week course will run from January to March.

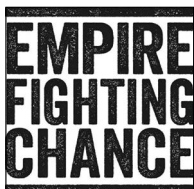
Get in touch now to register your interest.

✉ Cardiffandvale.Recoverycollege@wales.nhs.uk

☎ 02921 832619

🌐 cavuhb.nhs.wales/recovery-college

All Recovery & Wellbeing College courses are available to people who are currently using or have used mental health services, their carers, all Health Board staff, or individuals working in mental health in the Local Authority and Charitable Sector.



FOUR



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board