

FREE circuit
exercise class
at 6pm

YOUTH

health & wellbeing

SERVICE

**FREE CONFIDENTIAL ADVICE: MENTAL HEALTH - SEXUAL HEALTH
MENSTRUAL CARE - WELLBEING - ALCOHOL AND DRUG USE
HEALTH QUESTIONS ANSWERED BY HEALTH PROFESSIONALS**

S1 - S6
welcome

**DROP-IN AT THE MIRIN,
LAGOON LEISURE CENTRE
EVERY THURSDAY 6PM - 8.30PM**

www.renfrewshire.hscp.scot/ypservice

