

RSBC

Royal Society for **Blind Children**

Formerly the
**Royal London Society
for Blind People**

HEALTH & WELL-BEING CLUBS

Getting vision impaired
young people into physical
activity and sport.

GET ACTIVE,
GET HEALTHY,
GET CONFIDENT.



**Life
Without
Limits**
For Blind
Children

**Free
places
available
now**

Get physical with our free action packed Health & Well-being clubs

Score goals like Ronaldo and run faster than Bolt with our popular Health & Well-being clubs. Alongside this our experts will run workshops on hot topics such as nutrition and self confidence. Your journey to an active lifestyle starts here.

With these great opportunities available you will have the chance to make new friends, learn new skills, gain confidence and have great fun along the way.

Who knows, you might find your inner sporting champion.

Our Health & Well-being clubs run twice a month across London and are available to vision impaired young people aged 12-25, with any level of sports experience.



Interested? Then get in touch to find out more.


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**Now
recruiting
new
members**