








Is activity a missing piece of your puzzle?

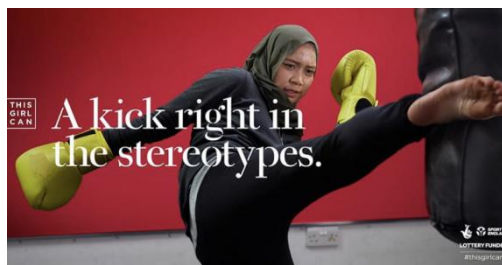


Our 'This Girl Can -MCDT' Facebook group is a safe and welcoming place for all women:

-  To meet local women and make new connections and friends;
-  To seek local advice, find and share useful information and ideas on how to be more active;
-  To inspire, support and encourage each other;
-  To promote body positivity;
-  To celebrate every small and big achievement;
-  To celebrate all beautiful women, and yes, that is you I am talking about!
-  To be heard. We want to know what your wants and needs are. We want to try our best to accommodate you, because it's all about you!

We welcome women of all ages shapes, sizes and sporting abilities and encourage them to move more. * Children welcome

Find and join us on Facebook 'This Girl Can - MCDT' group



This Girl Can - MCDT >

Sweat, Jiggle and Giggle!

For other ways to get involved or more information contact us:

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