



# Beam of Wellness: Finding Balance Beyond the Gym

December 2024

We are delighted to share that Go Gym have started an exciting new project to think about how we can make **your** experience of gymnastics even better!



We have teamed up with Psychologists from the NHS to help us to think more about what is important to **you** and **your** club.

On this journey, we will need **your** feedback about **your** experience of Go Gym.



This will help us to learn about what we are doing well, and what we can do to make things even better!

**Want to be involved?**



**Open to parents,  
guardians and children!**

If **you would** like to be apart of this project please share your email address by **1)** speaking with one of the coaches, or **2)** [clicking here](#) or **3)** scanning this QR code:

