

YOU CAN

YOUTH CANCER
SUPPORT

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ENGLAND
GOLF

“England Golf are very proud to be part of the Kent Sport YouCan project. Golf is a sport that can be learned and enjoyed individually or as part of a social group setting, and encourages an improvement in all aspects of physical and mental development such as confidence, respect, self-motivation and perseverance.

The coaches involved are very much looking forward to meeting the participants and giving them the opportunity to discover all golf has to offer.”

Gary Bason
England Golf County
Development Officer



Did you know?

Physical Activity releases endorphins...
Endorphins are an awesome pain reliever!

KentSport
.org