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Joining a club is key in maintaining a healthy mind and can also benefit your fitness depending on what club you join.

Being a member of a club allows you to meet lots of new friends, keep busy, and learn something new.

It's an ideal way of getting to know new people when you've just moved to a new town.

If you want to get into a new activity, joining a club gives you the opportunity to learn a lot about the subject.

When you join a social club, you will soon find yourself with a packed social calendar.



