

KEEP MOVING FOR STROKE SURVIVORS



LOTTERY FUNDED



Ability Bow

PASSIONATE ABOUT PEOPLE

The 'Keep Moving' group is aimed at stroke survivors. The social side of the group is also encouraged, as after each session you will be invited to visit the church café with a couple of the instructors for tea, biscuits and chat.



In brief...

- The group sessions are based at Ability Bow Gym and are suitable for stroke survivors of all abilities
- The sessions will be held on Tuesdays and Fridays 2-3pm for 10 weeks. Please contact us for the next available course
- You will need to ask your GP for an Ability Bow Referral Form
- Although you are required to arrange your own transport, we may be able to provide assistance. Please contact us at Ability Bow Gym for transport advice
- The cost is £2.50 per session. All participants become lifelong members of Ability Bow Gym



Contact us...

For more information on how to join call us on **0208 980 7778** or email **simohamed.dahiri@abilitybow.co.uk**
www.abilitybow.co.uk

