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Themes: Specific Health Conditions

Aimed at: All People, Older Adults 65+

Cardiac rehab sessions - Wednesday's 2.30pm - 3.30pm

Staying Steady sessions - Tuesday 's 1pm - 2pm

Rehab Circuit sessions - Monday's 1pm - 2pm

Anyone wanting to join these groups will need a referral from their GP surgery.
For more information contact Emma on (01909 473937)

Area: Bassetlaw

Contact Details

Your Space Worksop
Valley Road
S81 7EN

01909 473937- Emma

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