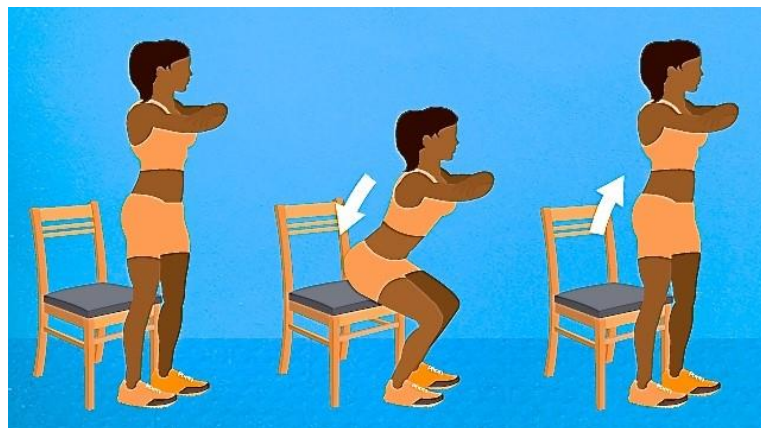


# THERAPY TUESDAYS

## @THE SUPPORT AND WELLBEING CENTRE

Come and join our 8 week physiotherapy exercise and education programme.



### Interested?

IF YOU HAVE A LONG-TERM HEALTH CONDITION AND WANT TO IMPROVE YOUR MOBILITY AND CONFIDENCE ask your healthcare team to refer you to The Support and Wellbeing Centre at Bassetlaw Hospice. You can even refer yourself by phoning 01777 274422 or by visiting [www.bassetlawhospice.org](http://www.bassetlawhospice.org)

\*\*Lunch provided, transport available based upon need and availability.

