

SOMETIMES, YOUR HEART IS THE LEAST OF YOUR WORRIES



As part of your Cardiac Prevention and Rehabilitation programme, why not join us for our relaxation classes.

Open to both you and your partner, the simple methods demonstrated will help you to clear your mind of the stresses of everyday life leaving you more positive and ready to face the challenges ahead.

Speak to a member of the team to book a place at the weekly sessions that take place on Friday afternoons from 2:30pm until 3:30pm

If you would like to chat about what's involved or would like any further information call on 01494 426918