

Heart trouble? Why don't you come to meet us?



A Chesterfield Cardiac Support Group.

A local club for people with heart problems and those who care.

What do we do?

We organise regular exercise classes led by an instructor qualified in cardiac rehabilitation. We try to keep fit by leading a healthy, active lifestyle, but we don't lecture!

We provide support and an opportunity to talk to someone in a friendly atmosphere. We understand how you feel, because we have been through similar experiences.

We organise walks and social events for our members throughout the year and we strongly encourage family members or carers to get involved in those.

Where do we meet?

Our exercise classes are held at Queen's Park Sports Centre, right in the middle of Chesterfield. We do 25 minutes of aerobics, followed by 25 minutes of fun sports games (netball, walking football, badminton, table tennis etc.) or pilates/yoga. You can also use the fitness studio or the swimming pool during our sessions.

When?

We currently exercise every **TUESDAY** from 10.30am to 11.30 (if you save your entry ticket you can get a FREE cup of tea in the café upstairs afterwards! We all do!).

Who to contact for more information?

If you would like to find out more about what the club does and why, or how to join us, please contact either Frank or Richard for a friendly chat. They'll be happy to talk to you.

Telephone numbers: Frank Casey 01246 854 223 Richard Dale 01246 275 809

You will also find some information on our website: www.lightheartedclub.co.uk



♥♥♥ **Do your heart a favour: Come along and try us!** ♥♥♥