

HEADWAY Central Lancashire

Exercise after ABI



For people with an acquired brain injury (ABI)

Exercise after ABI offers a gentle physical exercise session supervised by a Heartbeat trained instructor. All abilities welcome including people with a physical disability a result of their ABI.

At the Heartbeat Gym, Preston North End,
Sir Tom Finney Way Preston PR1 6PA



Classes are on a Wednesday from
1.30pm - 2.30pm and booking is required.

To book please telephone:

01772 791460 or 07557 123 493

There is a small contribution of £2.50 per session.

*You will need to complete an exercise questionnaire before taking part.
If you have a long term health condition please check with your GP first.*

www.headwaycentrallancashire.org.uk

Headway Central Lancashire Charity Number 1144388

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