

Solihull Heart Support Group



A new beginning

The heart condition was discovered

The treatment has been completed

Re-hab has been and gone

What happens next?

You know from Re-hab days that you are capable of exercising and you know that to continue is good for you



But Where?

Somewhere:-

- ♥ Providing a qualified British Association of Cardiac Rehabilitation Instructor
- ♥ Performing exercises that help fitness stability
- ♥ With people sharing a similar medical history
- ♥ At a reasonable cost per one hour session



Why not contact and try Solihull Heart Support Group
We are a self supporting voluntary organisation that cares



For further
information contact
Mike Lines on
0121 430 3502



Affiliated to the British Heart Foundation

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