

HEADWAY Preston & Chorley

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.

All sessions are managed by
Heartbeat trained instructors.

For an information booklet or to book telephone:

01772 791460 or 07557 123 493

There will be a small contribution payable depending on means.

Email: services@headwayprestonandchorley.org.uk

*If you have a long term health condition please check with your GP
before you partake in the exercise programme.*

www.headwayprestonandchorley.org.uk

Headway Preston & Chorley Charity Number 1144388

HEADWAY Preston & Chorley

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.

All sessions are managed by
Heartbeat trained instructors.

For an information booklet or to book telephone:

01772 791460 or 07557 123 493

There will be a small contribution payable depending on means.

Email: services@headwayprestonandchorley.org.uk

*If you have a long term health condition please check with your GP
before you partake in the exercise programme.*

www.headwayprestonandchorley.org.uk

Headway Preston & Chorley Charity Number 1144388