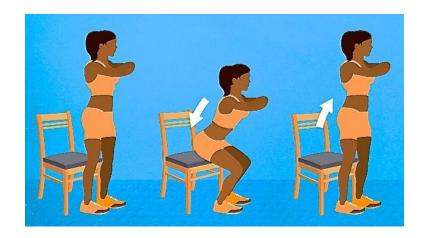
THERAPY TUESDAYS @THE SUPPORT AND WELLBEING CENTRE



Come and join our 8 week physiotherapy exercise and education programme.



Interested?

IF YOU HAVE A LONG-TERM HEALTH CONDITION AND WANT
TO IMPROVE YOUR MOBILTY AND CONFIDENCE
ask your healthcare team to refer you to
The Support and Wellbeing Centre at Bassetlaw Hospice.
You can even refer yourself by phoning 01777 274422
or by visiting www.bassetlawhospice.org

• Feel more • Feel more resilient and energised to achieve able to your goals cope with Struggling setbacks. Tired & to cope and **Breathless?** stay positive? Frightened Poor appetite or of falling? diet? Stay confident Eat well to on your feet stay strong

^{**}Lunch provided, transport available based upon need and availability.