



**These sessions are run by a BACR instructor (British Association for Cardiac Rehabilitation) but organised by Cardiac Friends. It is a friendly welcoming group and suitable for those with Cardiac problems and for their partners or friends.**

**Why not come along to and give us a try. We would love to meet you! Who says exercise is boring? Not for this group!**

**Weekly Groups Sessions:**

**Thursday 12.30 pm – 13:30 pm. Venue: Letchworth Leisure Centre. Studio (1<sup>st</sup> floor) £18 per calendar month.. Payment in advance. First session is free.**