

# Exercise after stroke classes



## If you have had a stroke, then a referral to this exercise programme will help you by:

- Improving your confidence to become more independent.
- Improving your fitness and energy levels so you can do more.
- Building your strength and mobility, so that daily tasks become easier.
- Reduce the risk of a second stroke and other illnesses.
- Improve your general health and well being.

## Exercise after stroke classes

These classes are designed to help people that have suffered a stroke to improve their movement and coordination. Participants must be referred by their GP or physiotherapist, be over 16 years of age, and able to ambulate independently.

The classes involve a mixture of aerobic based exercises and functional strength exercises, which can be adapted to suit the individual's impairments following a stroke.

Every class is delivered by a qualified exercise after stroke specialist instructor.

Town	Venue	Day	Time
Trowbridge	Castle Place Leisure Centre	Monday	1.30pm – 2.30pm
Melksham	Melksham Assembly Hall	Friday	10.30am – 11.30am
Warminster	Warminster Sports Centre	Wednesday	2pm – 3pm
Chippenham	The Olympiad Leisure Centre	Monday	2.30pm – 3.30pm
Salisbury	Five Rivers Health and Wellbeing Centre	Monday	2pm – 3pm
Marlborough	Marlborough Leisure Centre	Wednesday	10am – 11am

## Further Information

Contact Richard Latham, Wiltshire lead on the exercise after stroke programme, on **07941 591741** or email [richardlatham@pfplesure.org](mailto:richardlatham@pfplesure.org)