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**Themes:** Specific Health Conditions

**Aimed at:** All People, Older Adults 65+

Cardiac rehab sessions - Wednesday's 2.30pm - 3.30pm

Staying Steady sessions - Tuesday 's 1pm - 2pm

Rehab Circuit sessions - Monday's 1pm - 2pm

Anyone wanting to join these groups will need a referral from their GP surgery.  
For more information contact Emma on (01909 473937)

**Area:** Bassetlaw

### **Contact Details**

Your Space Worksop  
Valley Road  
S81 7EN

01909 473937- Emma

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