



The Stroke Community Wellbeing Project

Join this FREE 12 week program provides support for people in their stroke recovery within the local community. The sessions will involve mix of seated exercise and social peer support (coffee and chat). Booking is essential.

For more information contact David on 0121 437 0033 or email david.jones@albionfoundation.co.uk or activities@ageuksandwell.org.uk

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