



North Gwent
Cardiac Rehabilitation
and Aftercare Charity

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**It's time
to think
about
Phase 4**

**ONLY
£5
per class**

Congratulations!

You're nearing the end of your Phase 3 hospital-based cardiac rehab programme.

So what's next?

You know that **regular exercise** is a key part of your ongoing recovery. So we provide **weekly Phase 4 community-based exercise classes** to help you stay fit and out of hospital. Run by our specially trained **Cardiac Rehab Exercise**

Instructors, our 1-hour circuit-based classes provide a **safe and friendly** place to exercise.

You'll receive **individual support** to progress at your own pace. And **joining is easy**: simply ask your Phase 3 Hospital Team for a referral using the form below.

Try 2 classes for free!

Right now you can enjoy 2 FREE taster classes on us. See overleaf for our weekly class timetable and more great reasons to join. ➤



Phase 4 exercise class referral

Phase 3 Hospital Team: Please refer me to the **North Gwent Cardiac Rehabilitation and Aftercare Charity** for Phase 4 cardiac rehab exercise classes.



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Name: _____ **Contact Tel No:** _____

Address: _____

Post Code: _____

Preferred class (see reverse for timetable): _____



I consent for my details to be shared with the Charity so they can contact me direct.



10 classes a week across North Gwent

Location	Day	Time
Abergavenny – Llanfoist Village Hall, NP7 9LP	Monday	15:15 – 16:15
	Saturday	09:00 – 10:00 10:00 – 11:00
Abertillery – Wyndam Vowles Community Centre, NP13 1PJ	Tuesday	11:45 – 12:45
Blaenavon – The Band Hall, NP4 9NH	Wednesday	14:00 – 15:00
Ebbw Vale – Catholic Church, NP23 6JQ	Wednesday	12:00 – 13:00
Monmouth – Monmouth Leisure Centre, NP25 3DP	Thursday	13:45 – 14:45
Nantyglo – Winchestown OAP Hall, NP23 4BJ	Wednesday	15:30 – 16:30
Tredegar – Orpheus Hall, NP22 4LF	Wednesday	10:30 – 11:30
Usk – Memorial Hall, NP15 1AD	Tuesday	14:00 – 15:00

SPECIALIST INSTRUCTORS

Qualified through the British Association for Cardiovascular Prevention and Rehabilitation (BACPR).

MORE THAN EXERCISE

Our 1-hour classes will help you regain your health, strength and fitness. They also offer a safe and supportive space for you to rebuild your confidence and connect with people who understand.

£5 PER CLASS

We subsidise costs, so our members currently pay just £5 per class (annual membership fee: £10). Non-members pay £6 per class.

ANNUAL HEALTH ASSESSMENT

We'll keep you on track and help you monitor your progress with an annual health assessment.

PARTNERS WELCOME

We know that people sometimes need a little extra support, so we welcome partners – or other family members or friends – at our classes. Exercising together is a great way to stay motivated! To join in they'll need medical consent, so we know it's safe for them to exercise. You can download a Medical Consent Form from our website, cardiac-rehab.org.uk.

NO TIME LIMITS

Unlike some other exercise referral schemes, our classes are ongoing, so you can keep coming for as long as you want and attend multiple classes, too. In fact some of our members have been coming to our classes for more than 20 years: **proof that cardiac rehab works!**

FIND OUT MORE...

Scan the QR code to visit our website, cardiac-rehab.org.uk

