

DeafAbility

**A weekly exercise class
at Ability Bow for deaf
and hard of hearing
people, who want to
improve their health
and wellbeing**

*Ask your GP
for a referral*



DeafAbility is a health and well-being programme funded by Awards for All. The aim of the programme is for deaf and hard of hearing participants to improve their health and wellbeing through exercise.

With our specialist instructors the programme is tailored to the individual regarding any other health conditions that you may have.

The course runs over 12 weeks, and participants receive 10 exercise classes within a small friendly group.

Classes take place every Wednesday at 10am lasting for 1 hour

Each class costs £4.50 with a joining fee of £8 giving you lifetime membership of Ability Bow gym.



We are 2 minutes walk from the number 8 and 339 bus stop

For more information:

Tel 020 8980 7778

Email reception@abilitybow.org

www.abilitybow.org



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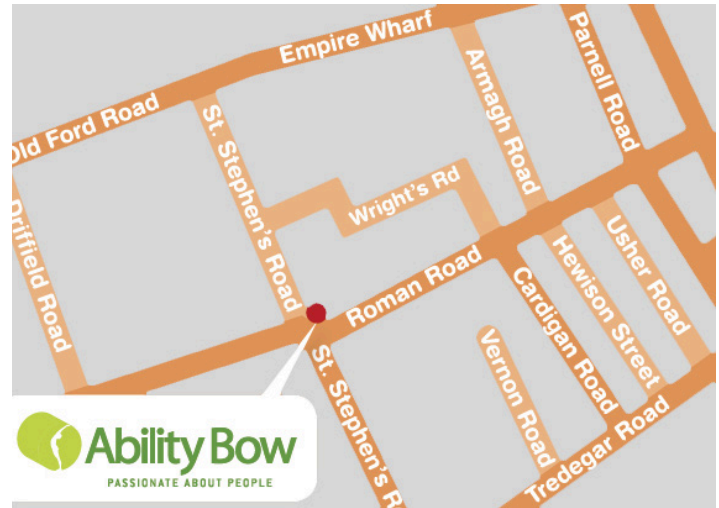
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