

BOWLS 4 ALL



BowlsCymru
BowlsWales

Want to get some exercise after having had a stroke? Ready to try a new activity?

The Bowls 4 All programme has been specifically tailored to stroke survivors and their carers.

You don't need any previous experience and all equipment is provided.

'Bowls provides me with both physical and mental benefits and has improved my overall wellbeing. I have met some great friends and look forward to seeing them every week at the bowls session'

Participant

Stroke Survivors Bowls session.

For more information, please contact:

Name: Hubberston and Hakin Bowls Group

Tel: 07377652328

Date: Every Friday
1000 - 12:00 noon

Venue: Hubberston & Hakin Community Centre,
Hubberston, Milford Haven SA73 3PL

www.bowlswales.com



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Strôc | Stroke
Association

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