

## JOIN THE FIGHT-BACK



We know just how hard it can be, recovering from a stroke. Most of us have been there. The truth is that if you don't push yourself you will never know what you can achieve. Activity is the answer to physical and mental well-

being and in the company of friends, things can be a little easier.

Overcoming problems is always less difficult when there is someone to share your thoughts, your frustration, your ambitions and to make life more pleasant. Come and join us and see if you can have a more rewarding recovery.

We meet regularly for exercise in the gym, water aerobics in the pool and for other activities such as days out, sailing (locally and on the Solent), gliding, river trips and whatever else we can arrange. We meet socially for pub lunches and have a more formal lunch twice a year.

If you're a survivor or a carer and want to bring back some zest to your life, make contact as below or visit our website for more information [www.wokingstrokeability.com](http://www.wokingstrokeability.com).

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