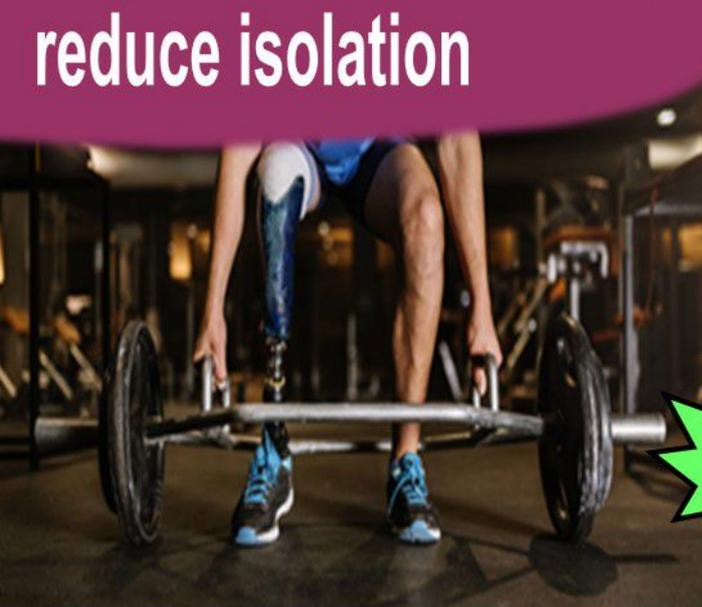


Disability Stockport & Stockport Community Foundation
working together supporting Ex-Forces to
help improve wellbeing, quality of life, and
reduce isolation



FREE

Disability • Autism • Sensory Impairment
Brain Injury • Mental Health Difficulties

Stay active, have fun, enjoy some banter

Join us for

All Abilities Weightlifting

at

Life Leisure Houldsworth Village
Broadstone Rd, Reddish, Stockport SK5 7AT

EVERY Wednesday at 1430

After each session, we'll pull up a sandbag for a brew & banter

Please contact Gav Jones first if you are interested in attending

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text: 07458 306246

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

Hosted by



In partnership with

