

Taking your next steps

towards a healthier heart

Sheffield Coronary Society is an exercise and social support group for anyone with heart conditions or heart related problems, plus their families or carers, living in or near Sheffield.

We can also advise people who are diabetic or have weight related problems.

Our main aims are:

- To provide friendly support for people with heart conditions and their families
- To offer a structured exercise programme tailored to an individual's needs
- To provide an opportunity for an individual to achieve and maintain a healthy lifestyle

If you want to find out more, please contact:

Ben Anderson – Trainer/Instructor – Mobile: 07946 081 224
Nick Lowe – Trainer/Instructor – Mobile: 07795 378 056



Gym sessions are:

Monday Evenings: 7:30pm to 9:00pm at the Club Hallam Gymnasium
Sheffield Hallam University, Broomgrove Road, Sheffield S10 2NA.

Thursday Evenings: 7:30pm to 8:45pm at The Source near Meadowhall
300 Meadowhall Way, Sheffield S9 1EA.

Our Website has more information: www.sheffieldcoronarysociety.org.uk

Referrals from GPs and Cardiac Rehabilitation staff are most welcome



We are affiliated to the  British Heart Foundation