



**DAILY SESSIONS DURING  
DECEMBER '07  
& JANUARY & FEBRUARY '08**

All these groups are open to people who have MS. For more information or to book in please contact us.

Please phone first as sessions can be busy. Transport may be available if required.

**PHONE 01224 692777**

**KEEP FIT**

at a less hectic pace.

Led by physiotherapist Lorna Evans

Monday Group 10.30 - 11.15 a.m

Tuesday Group 10.30 - 11.15 a.m.

**RELAXATION**

Thursdays 10.30 - 11.30 a.m.

Join others for a stress free morning.

Cushions and blankets supplied.

**YOGA**

Gentle exercises to suit you – leading to harmony of mind and body.

Led by Sheila Harper

Fridays 10.30 – 11.30 a.m.

**AFTERNOON GET-TOGETHERS**

Thursdays 2 - 4 p.m.

You can play scrabble, cards or just chat if that's what you like. The atmosphere is warm and friendly.

**SKETCHING AND  
WATERCOLOURS**

Wednesdays 2- 4 p.m.

Led by Jo Howarth.

Everyone welcome, beginners and more experienced artists. A creative and peaceful afternoon.

**SERVICES**

“Update” and the Programme are available on cassette tape if you'd like to hear what's happening.

Lightweight Wheelchair Loan for periods of two weeks. Even if you don't usually need a wheelchair sometimes the heat or hills might just be too much for you.



**INFORMATION AVAILABLE  
THROUGH THE CENTRE**

•General information on MS

•Fatigue

•Diet / Nutrition

•Exercise / Physiotherapy

•Contenance

•Personal Experience of MS

•Counselling

•Pregnancy / Parenthood

•Research

•Sexuality

•Info. for Carers

•Info. for Children

•Help at Home

•Insurance

•Mobility / Driving

•Holidays

•Employment Rights

•Local Facilities

**INFORMATION ON M.S.  
and related issues**

Many people come in get information and to discuss various aspects of MS in confidence and privacy with a member of staff. Tuesday and Friday afternoons are specially reserved for these confidential discussions. If you, or a relative or friend need more information or support please phone for an appointment.



The Stuart Resource Centre 01224 692777

**WEEKLY PROGRAMME and INFORMATION**