

HAVE YOU BEEN DIAGNOSED WITH LONG COVID?

Regular exercise can improve the recovery of people with lasting symptoms of Covid-19!

Join our FREE Long COVID Rehabilitation Exercise Programme!

A 6-week tailored exercise and education programme

Helping people to better understand and manage their condition/symptoms, including breathlessness, fatigue, sleep, healthy eating!

Available at:

Crewe Lifestyle Centre
Macclesfield Leisure Centre

Patients will be expected to attend two sessions per week over a 6 week period.

To attend classes, a referral from the Cheshire East Long COVID Hub is required,

Run by qualified Long COVID Rehabilitation Exercise Specialists
for further information email:
ebhealthy@everybody.org.uk or phone: **01270 685589**.