



When: Tuesdays (starts 4th October)

Time: 9:30am

Venue: St James Institute 33a Stourfield Rd, Southbourne, Bournemouth, BH5 2AR

Cost: First 6 weeks **FREE!** (thereafter £3 per session)



Our aim is to provide patients recovering from heart disease in the local area the opportunity to take

New Heart Table Tennis Sessions

Author: Paul Stimpson

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We have teamed up with Merton TTC to create a new Ping! Play On Opportunity to provide patients recovering from heart disease in the Poole, Bournemouth and Christchurch areas, the opportunity to take up Table Tennis as a social and gentle activity sport, to supplement their regular cardio fitness regime.

The Objectives for the sessions are to:

- 1.To provide one hours gentle ping pong a week, for the patient and their "gym buddy"
- 2.To provide appropriate help in learning the sport [if needed]
- 3.To provide a safe, accessible location, and to provide safe table tennis equipment
- 4.To provide a facility with first aid box, toilets, refreshments and a relaxing area
- 5.To run the activity according to TTE guidelines
- 6.To have access to an in house defibrillator
- 7.To have the activity eventually self-funding at a reasonable costs to the participants

The weekly sessions commence on Tuesday 4th October 9:30am at Merton Table Tennis Club, St James Institute Bournemouth, BH5 2AR and the first 6 weeks are FREE to attend.

Contact lee.monk@tabletennisengland.co.uk for more information or to book

New Social Table Tennis Sessions for light exercise and fun!



Merton Heart Table Tennis Club



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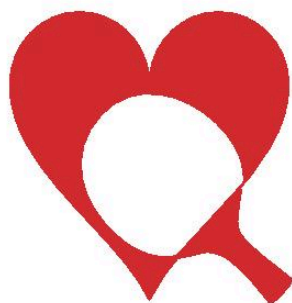
Our aim is to provide patients recovering from heart disease in the local area the opportunity to take up table tennis, as a social and gentle activity, to supplement their regular cardiac fitness regime

For more information or to book contact:

Gordon - gwhite@lancelles.co.uk tel: 01202 428114 (Sept only)

Lee - lee.monk@tabletennisengland.co.uk tel: 07561112817 (from Oct)

Table tennis...



... offers moderate-intensity activity, which is good for your heart (*British Heart Foundation*)

... is The World's Best Brain Sport! (*Dr Daniel Amen, Brain imaging expert*)

... enhances brain function unlike any other sport (*Dr Suzuki, New York University*)



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