



Merton Heart Table Tennis Club



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: Guest

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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.

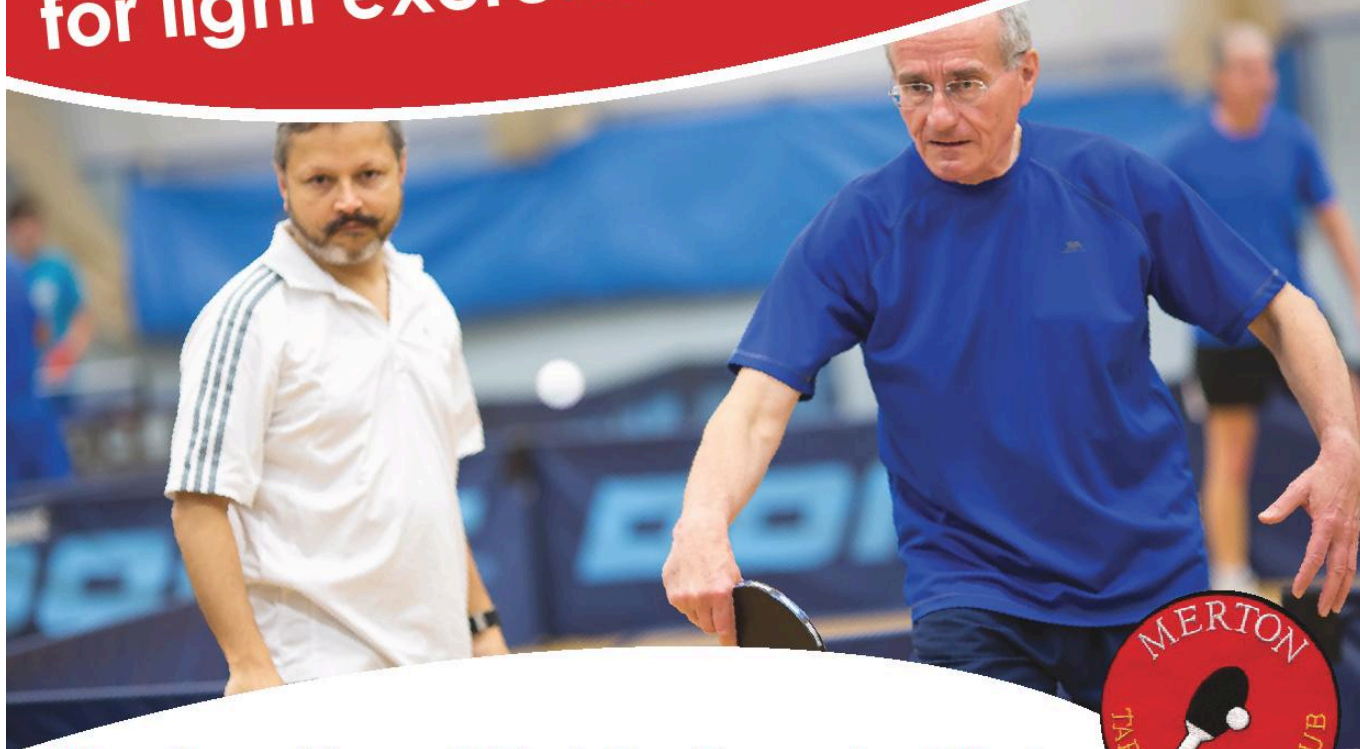
The Objectives for the sessions are to:

- 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!



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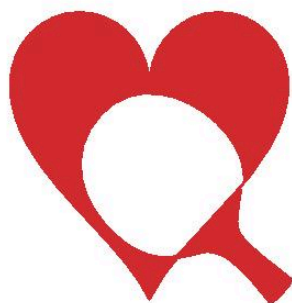
Our aim is to provide patients recovering from heart disease in the local area the opportunity to take up table tennis, as a social and gentle activity, to supplement their regular cardiac fitness regime

For more information or to book contact:

Gordon - gwhite@lacles.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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