



DISABILITY AWARENESS WITH SPORT

Changing lives through health & fitness

Come and join us for some fun stretching and mobility exercises, tailored for your individual needs.

Ideal for women and men of all ages with a disability or health concern.

- **Improve fitness & wellbeing**
- **Develop core balance & posture**
- **Fight against Osteoporosis**
- **Active wheelchair trainer**
- **Wheelchair weighing scales**
- **Tailored for gym phobics**

Pop along to one of our sessions

See overleaf for more details



...to try one of our sessions ring Stephen or Tracey on:

07527 118968 / 07414 225161

daws.sheffield@gmail.com www.dawssheffield.co.uk

St George's Park Westfield

Isobel Bowler Sports Ground

Moss Way, Sheffield S20 8FA

Monday 9.00-10.00am: Beginners Gym Equipment

Tuesday 11.30-12.30pm: Stretching & Mobility

Wednesday 10.30-11.30am: Silver Circuits

Friday 9.30-10.30am: Stretching & Mobility

Improving fitness

Combat gym phobia

Confidence building

Why not pop along to one of our sessions?...

Hackenthorpe Community Centre

12 Four Wells Drive, Sheffield S12 4JB

Wednesday 6.00-7.30pm: Silver Circuits or Stretching & Mobility

Funded & supported by:



Com Dot Unity Centre Westfield

32 Westfield Centre, Sheffield S20 8ND

Tuesday 9.30-11.00am: Stretching & Mobility

Let us help you get over your fear of exercise

The Joseph Stone Centre

8 Joseph Stone Court, off School Street, Mosborough, Sheffield S20 5FG

Monday 12.30-2.00pm

Thursday 4.00-6.00pm

- **Boccia**
- **Curling**
- **Disability soft sports**

Thursdays
12+
we cater for children
contact us for more details

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