

Have a Heart

Fundraise for Cardiac-Rehab



**VOLUNTEER
Wash Cars
Bring cakes
for a cake stall**

**Alton Sports Centre
Chawton Park Rd,
Alton GU34 1ST
Friday 15th
February 2019**

Meet in the cafe at 0850
(finishes at 1300)

Community First's Social Action Day is for anyone who would like to give something back to the community and volunteer for a morning. We are working with Cardiac-Rehab to raise money for their Staywell Programme. The charity needs your help to keep this important service running to support cardiac rehabilitation and prevention of cardiovascular disease, through offering an exercise programme. Cardiac-Rehab delivers exercise sessions to more than 900 people per year with their clients having an average age of 72.

**Refreshments included.
Wear clothes suitable for washing cars!
For more information & to book your
place email rachel.taylor@cfirst.org.uk**



Beeston & Alton Cardiac Rehabilitation Charity Ltd



Working with Everyone Active