



Wales National Exercise
Referral Scheme (NERS)
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

SUCCESS STORIES

CAROLE

15 months ago I was on 2 crutches to be mobile. 14 months ago I had a total cemented knee replacement. Today I jogged. Mel has helped me not only to improve my strength and balance but she also helped me to regain my confidence.

The class has introduced me to a whole new bunch of mates too. I might never be the runner I was, but I certainly am on my way to being my best me of today.

Thank you Mel for your empathy, understanding and motivation.

FEELS HEALTHIER



MADE NEW FRIENDS



MORE CONFIDENT



MORE ACTIVE

