



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

SUCCESS STORIES

MARY

Having suffered chronic back pain for more than two years and exploring several options to ease my symptoms, I was referred to the NERS team. I cannot express how much this programme has helped me!

Both Rachel and Mel deliver so much more than exercise in Llantrisant. They are encouraging and supportive to all the participants, regardless of ability. I have made friends with so many participants and now attend the classes with Jake in Llantwit Fardre Leisure Centre, as well as the ones in Llantrisant.

My fitness level has improved so much. I would like to thank the whole team for their help and support!

FEELS HEALTHIER



FEELS HAPPIER



MADE NEW FRIENDS



MORE ACTIVE

