



# STROKE & PARKINSON'S GOLF ACTIVITY

Are you recently diagnosed? Survived a stroke? A family member or carer? Then golf could be something for you!

After surviving a stroke or recently been diagnosed with Parkinsons, it's difficult to do the things you did before, but it's not impossible. Exercise is great for your health and is one of the best things you can do to reduce or slow down symptoms.

Golf has already made great strides with our groups and their recovery.

Exercise is good for you, for anybody and golf will allow you to focus on something else and it's amazing what a bit of movement can do for the body. Not to mention the social element of our groups each week, which is just as important.

There isn't a one-size-fits-all approach and the best exercise to do will depend on the way your diagnosis affects you. But the message is the same for everyone - Go for it!

We are running sessions at Chesfield Downs Golf Club so you can try it out. These are aimed to keep you active and enjoy something new and exciting. Meet others who are going through the same life-change. Even to get you back to a game you may have once played.

**Days/Times:** Mondays 11:00 – 12:00noon or 12:00noon – 13:00  
(Spaces Available & Tuesdays 12:00 – 13:00 (spaces available))

**Cost:** FIRST SESSION FREE!

Following that its only £25.00 for 6 sessions (that's only £5.00 a week)

Dress casual and comfortable. Trainers recommended.

**Stroke**  
association

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

  
Hertfordshire  
Golf

  
CHESFIELD DOWNS  
GOLF & COUNTRY CLUB

**TRY SOMETHING NEW!**

**GET ACTIVE AND  
INVOLVED**

**A FUN WAY TO MEET  
NEW FRIENDS**

**AN ACTIVITY THAT'S  
UNIQUE**

**FOCUS IS ON FUN!**

**CHESFIELD DOWNS  
GOLF CLUB**

Jacks Hill, Graveley,  
SG4 7EQ

Website:  
[www.chesfielddownsgolf.co.uk](http://www.chesfielddownsgolf.co.uk)

Contact :  
Matthew Crowhurst  
Hertfordshire Development  
Officer  
[cdo@hertfordshiregolf.org](mailto:cdo@hertfordshiregolf.org)  
07496 653 056