



Fit 4 Health

A free specialist physical activity programme to help with your recovery from stroke/TIA.

Benefits of physical activity:

- Reduces blood pressure
- Reduces cholesterol
- Reduces fat
- Reduces feelings of depression and anxiety
- Helps to control blood sugar levels
- Can help to maintain independence in older age
- Makes you feel good and much more...



For further information please contact Hackney Leisure & Physical Activity Team on **020 8356 4897/5285** or

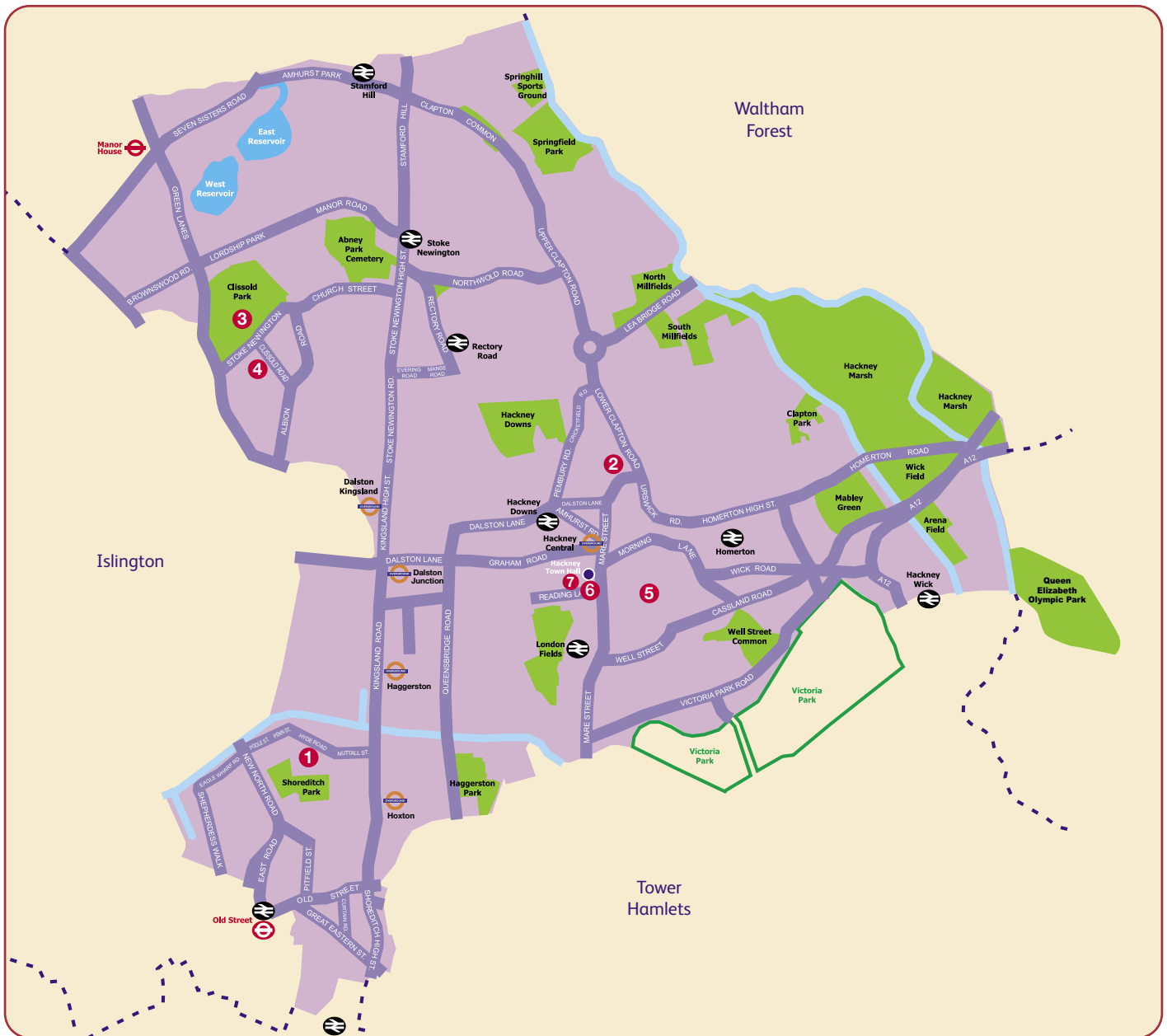
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Homerton Healthcare
NHS Foundation Trust



Fit 4 Health venue's map



Venue addresses and nearby buses

1

Britannia Leisure Centre
Pitfield Street,
London N1 5FT

Buses: 76, 149, 242,
243 & 394

2

Kings Hall Leisure Centre

39 Lower Clapton Road,
London E5 ONU

Buses: 38, 55, 106,
242, 253 & 254

3

Clissold Park
Off Church St/
Green Lanes,
London N16 9HJ

Buses: 73, 106, 141,
341, 393 & 476

4

Clissold Leisure Centre
63 Clissold Road,
London N16 9EX

Buses: 73, 106, 141,
341, 393 & 476

5

Frampton Park Baptist Church
Frampton Park Road
London E9 7PQ

Buses: D6, 55, 106,
236, 242, 254 & 277

6

**Hackney Central Library/
Hackney Museum**
1 Reading Lane,
London E8 1GQ

Buses: D6, 30, 38, 55,
106, 236, 242, 253, 254,
276, 277 & W15

7

Hackney Service Centre
1 Hillman Street,
London E8 1DY

Buses: D6, 30, 38, 55,
106, 236, 242, 253,
254, 276, 277 & W15

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Dial-a-Ride
can be organised
upon request