

NMC Midlands warmly invites you to our very first Open Day! **Saturday, 28th January 2017** **12 – 5 pm**

*An afternoon dedicated to
information and connection
featuring:*

Taster Sessions

*Assistive technologies & equipment
Care, advocacy and support resources*

Taster sessions begin at 12:30 and again
at 3:30 and include:

- Seated Pilates & Assisted Stretching
- Seated Relaxation techniques
- Gentle and passive exercises to improve breathing and circulation
- Nutrition for those with MD

Also featuring



Afternoon Tea with East & West Midlands Muscle Groups

Register for FREE at

<https://nmcopenday2017.eventbrite.co.uk>

Or call Roxanne at 02476 100770



and upon sign-in on the day, you will be automatically entered into
a prize draw to win a **Breville Hot Cup!**



inspiring independence

*We are rebranding!
Come see the unveiling of
our new name and logo*



How to find us....

We are at Hereward College, Tile Hill, Coventry, CV4 9SW.

The nearest train station is Tile Hill Station.



Once you are here...

