

IRCULATE

A Group Exercise Class to help people with Sickle Cell Disease become more active

Work at your own pace

Gentle stretching and strengthening

Enjoy the benefits of exercise

Learn a safe way to exercise

Learn about exercising different areas of the body

Build towards your goals in a supportive group

Lead by a physiotherapist

WHO?

Anyone aged 16 and above who has been seen by the sickle cell team at St George's Hospital

WHEN?

11.30am – 12.30pm Monday

WHERE?

The Phoenix Centre, Perimeter Road, St George's Hospital

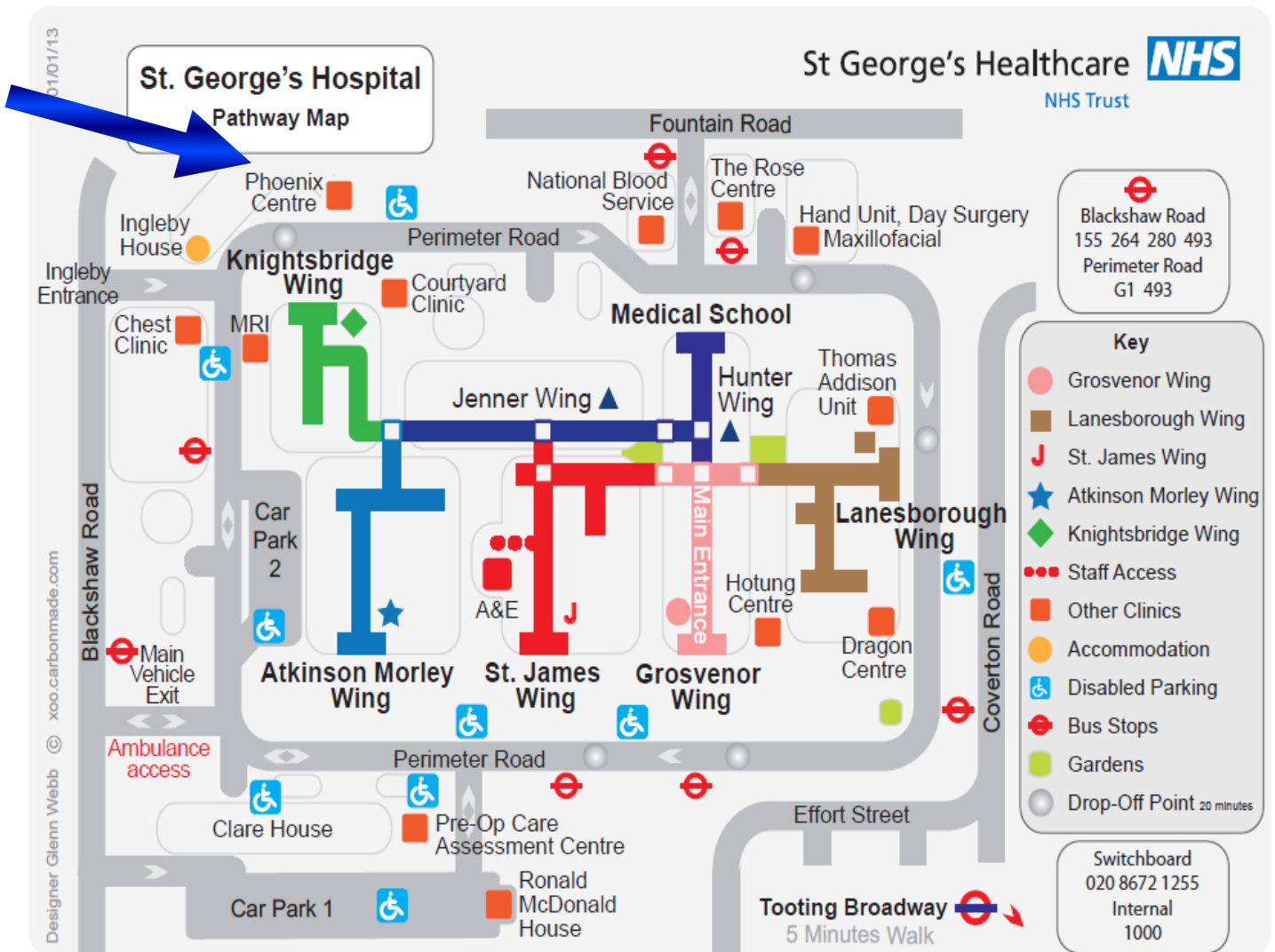
e: SCDpain@stgeorges.nhs.uk

p: 0208 266 6545

St George's University Hospitals



NHS Foundation Trust



The **Phoenix Centre** is located on the perimeter road within the grounds of St George's Hospital. It is opposite the Courtyard Clinic near Knightsbridge Wing.

Parking for blue badge holders is available directly outside the Phoenix Centre or the main hospital car parks are a few minutes' walk away.

The **493** and **G1** buses stop within the hospital grounds a few minutes' walk from the Phoenix Centre. The **155**, **264** and **280** buses stop in Blackshaw Road a short distance from the Phoenix Centre.