

CARDIAC SUPPORT GROUP CLASSES/MEETINGS

Dumfries-Heathhall Community Centre

Tuesday 7pm – 9pm

Cluden Cardiac Unit, Crichton Hall

Thursday 7pm – 9pm

***Crichton – Cluden Cardiac Unit,
Crichton Hall***

Monday 7pm – 8pm

Wednesday 7pm – 9pm

Annan – Annan Hospital

Wednesday 3pm – 4.30pm

Machars Coronary Club – Wigtown Parish Church Hall

Wednesday 2pm – 4pm

Kirkcudbright – Community Education

Friday 7pm – 9pm

Castle Douglas – Day Hospital

Thursday 6.30pm – 8pm

Langholm Cardio Club - Leisure Centre

Thursday 9.30am – 11am

***Upper Nithsdale – Sanquhar/Kirkconnel (alternate weeks) Sanquhar Academy /
Hillview Leisure Centre, Kirkconnel***

Thursday 4pm – 6pm