



service and people first



North Lanarkshire Heart Groups

Chest, Heart & Stroke Scotland (CHSS) affiliated heart groups/clubs offer ongoing support for those living with heart conditions, their family and friends in local communities. They are independently run and provide a source of supported exercise, information, signposting, confidence and reassurance and are an invaluable part of learning to live with a heart condition.

For further information contact CHSS Head Office on 0131 225 6963.

Falkirk, Forth Valley - Braveheart Plus

Meet monthly on Tuesdays

Aims: educational, exercise & social

Falkirk, Forth Valley - Keep Ticking Falkirk

Meet weekly on Tuesdays & Thursdays

Aims: exercise & social

Stirling & Bridge of Allan, Forth Valley - SRI Healthy Hearts Club

Meet weekly on Tuesdays, Wednesdays, Thursdays & Fridays

Aims: educational, exercise, fundraising & social

Glasgow, Greater Glasgow & Clyde - Dicky Ticker Cardiac Support Group

Meet weekly on Thursdays

Aims: exercise & social

Glasgow, Greater Glasgow & Clyde - Jordanhill Cardiac Rehabilitation Group

Meet weekly on Wednesdays

Aims: exercise & social

Glasgow, Greater Glasgow & Clyde - KPC Exercise Class

Meet weekly on Mondays & Saturdays

Aims: exercise & social

Glasgow, Greater Glasgow & Clyde - St Roch's Cardiac Support Group

Meet weekly on Wednesdays

Aims: educational, exercise, fundraising & social

East Kilbride, Lanarkshire - East Kilbride Coronary Club

Meet weekly on Tuesdays

Aims: educational, exercise & social