

Exercise on Referral (EOR)

Where do referrals come from?
Consultants, GPs, Practice Nurses, Specialist Nurses, Mental Health Professionals, Physiotherapists

GP Exercise Referral

Cardiac Rehab

12 Week Supervised Exercise Programme
Location: Quayside Leisure Centre, Ivybridge Leisure Centre, Totnes Leisure Centre, Dartmouth Leisure Centre, Parklands Leisure Centre, Meadowlands Leisure Centre

12 Week Supervised Exercise Programme
Location: Quayside Leisure Centre, Kingsbridge & Parklands Leisure Centre, Okehampton
