

Get Active with Beam!

From May 2021, All Wales Adult Cystic Fibrosis Centre are running interactive, online exercise and educational sessions on Beam.

To join in:

1. Head to beamfeelgood.com and sign up for free with promo code BEAM-CLINICS-ALL-WALES
2. Click on 'Groups' and search for All Wales
3. Your code will automatically join you to the group, giving you access to live & on demand sessions by Aimee & the team

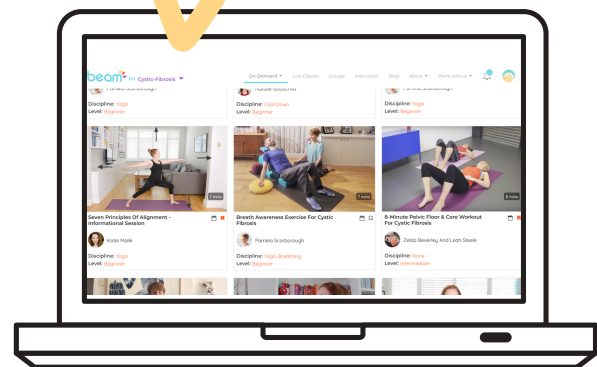


What is Beam?

Beam is an online platform to help people with cystic fibrosis to feel good through movement, education and wellbeing support with a variety of on-demand and live classes like yoga, HIIT, barre, strength and many more.

All classes are led by specialists who are trained in, or live with, cystic fibrosis, so you can feel confident that they understand your needs.

beamfeelgood.com



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