

# mkccg.org



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## Welcome to the Milton Keynes Community Cardio-pulmonary Group

We are a local charity group established in Milton Keynes in 1988. We offer a safe environment for people with cardiac conditions and/or COPD to exercise, supervised by qualified British Association of Cardiovascular Prevention and Rehabilitation (BACPR) teachers.

The Group meets every week and has an exercise programme specially suited to those who have had the type of problems described above. It also provides an opportunity to socialise with people who have had similar problems.



## Member News

### A message from Gill

It came to my notice at the last Committee Meeting that the handbook on using the equipment might have been given out to new people as they had joined one of the regular sessions.

If you have not received a booklet on the machines in the Cardiovascular room, please speak to one of the staff.

I am sorry for this over the situation as soon as possible. Many thanks for your understanding.

Gill

### Cardiographic

The latest news on our group and coming events is now available in our newsletter.

Items for the newsletter should be placed in the envelope provided and emailed to the newsletter editor at [news@mkccg.org](mailto:news@mkccg.org)

Thank you to all those who have contributed to this edition.

## mkccg Blog

### Spam and Phishing Emails

The March 2019 edition of Cardiographic includes important information and advice on how to recognise Spam and Phishing emails. Please click here for Cardiographic and scroll to Page 4.

[Continue reading](#)

### Management Committee

At our meeting on 25th February we welcomed a new member, Roger Cook. Roger has agreed to serve as a representative for the Tuesday evening sessions.

## YOUR WEBSITE NEEDS

# YOU

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Crossing C

**Your website has been redesigned but still needs your help:**

- Do you have ideas for design, content & photos?
- Is there something you would like us to add to the website?
- Could you join a user group to help? No experience needed, just ideas!

**Please use the new website contact form or leave a message in the office.**