

Blätz

What is Blätz?

Founded in 2013, Blätz is a non-profit association with three missions: supporting stroke patients and their families in order to improve their quality of life, informing the general public and patients about stroke, and supporting stroke research.

Offer in the way of physical activity

Since July 2015, Blätz has offered monthly physical activity training sessions which are adapted to the fitness of the participants. The classes aim to improve physical shape and well-being by using adapted exercises.

Types of exercises offered

Blätz proposes a session of petanque. The intensity of the exercises and the conditions of their completion are adapted to each person's capacity. All of the activities are supervised by people with an appropriate diploma.

Who can participate?

Anyone afflicted with a stroke with relatives can take part in this group.

Where and when are the sessions held?



Petanque

1st Sunday of the
month
10 to 12am

Stade John Grün
Route de Remich
Mondorf-les-Bains



Information & registration

Blätz a.s.b.l.

68, rue du Château

L-3217 Bettembourg



+352 621 88 00 88



info@bletz.lu



www.bletz.lu

What are the costs?

The yearly membership card costs 10 € per person.