

# DIVING IN AT THE DEEP END.

Ralph lives with Angina, diabetes and a visual impairment, but that doesn't stop him. Going with the flow means weekly swims at the leisure centre.



Watch  
Ralph's  
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit [weareundefeatable.co.uk/bwd](https://weareundefeatable.co.uk/bwd)

Proudly supporting

**WE ARE  
UNDEFEATABLE**