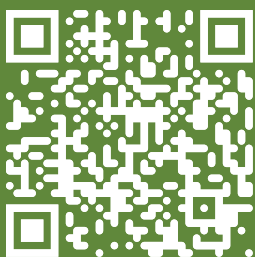


YOU BET I'M LUNGING FORWARDS.

Zoe is a stroke survivor, but that doesn't stop her. Small consistent movements have had the biggest impact.



Watch
Zoe's
story



For little ways to move more with health conditions in Blackburn with Darwen visit weareundefeatable.co.uk/bwd

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