

Supporting those with 'invisible' spinal injuries and conditions

Visit www.backstrong.org.uk
Access information to support you on your journey and help you regain the life you desire

Get in touch
If you'd like to get in touch with us, email hello@backstrong.org.uk



Support group sessions

10.30am-12pm

with optional walk 9.30am-10.15am

Sessions take place the last Saturday of every month*, each with different themes and speakers.

**There is no session in July and December, allowing for summer and winter breaks*

Venue: Milton Brasserie (conservatory area), Milton of Crathes, near Banchory AB31 5QH

Easy, free parking at location