

Better Balance Classes

Are you worried about falling or have you fallen recently? Are you over 55? Why not join our friendly and relaxed Better Balance exercise classes?



These exercise classes are designed to improve balance, muscle strength and confidence and are based on the Otago Exercise Programme.

The sessions will be chair based initially, with the longer aim of standing using a chair for support as confidence grows.

Venue: The Centre Ferndown, Barnes Rd

When: Thursday afternoons 1.30 - 2.30 pm

& 2.45 - 3.45pm

£5
per class

For more information or to book your place

Call **01202 530 530**