

Are you worried about falling,
or have you fallen recently?

Then come along to our

'Better Balance for 2019'

sessions and improve your core strength and balance using
the OTAGO programme.

Classes Held at the [Bearwood Community Centre King John Ave BH11 9TF](#)
every **Tuesday morning 10—11am 2018 Commencing 8th Jan 2019.**

Cost is £5 per session.



These exercise classes are designed to improve balance, muscle strength and confidence and are based on the Otago Exercise Programme developed in New Zealand to reduce the likelihood and severity of falls in older people.. The sessions will be chair based at first and as confidence grows more standing will be introduced and encouraged using a chair as support, the atmosphere is friendly, relaxed and sociable.

For further information and to book your place please call Gary Mason on 01202 530530 or visit Age UK Bournemouth, 700 Wimborne Road Bournemouth BH9 2EG