

Are you worried about  
falling, or have you fallen



Then come along to our

## **‘Better Balance’**

classes and improve your core strength and balance, our  
classes are based on the OTAGO programme.

**Classes Held at the St Leonards & St Ives Village Hall, Braeside Rd ,  
St Leonards Ringwood Hants BH24 2PH.**

**Session 1—1015—1115am and**

**Session 2—1130am - 1230pm 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, Poole & East Dorset, 700  
Wimborne Road Bournemouth BH9 2EG**