

# 'Better Balance Classes'

Are you worried about falling or have you fallen recently? Are you over 55? Then come along and join our Better Balance exercise classes at the Canford Cliffs Village Hall, 17 Ravine Road Poole BH13 7HT



These gentle 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.

Venue: CCVH 17 Ravine Rd BH13 7HT

When: From Tue 21 Jan 2020

Every Tuesday afternoons 1.45—2.45 pm

**£6**

Per class

For more information or to book your place

Call Gary Mason on **01202 530 530**