



**LIVE STRONGER  
FOR LONGER**

**STRICTLY NO  
FALLING:  
WHAT WILL  
YOU DO WITH  
MY  
REFERRAL?**

**1**

**COMPLETE OUR SIMPLE  
REFERRAL FORM**

This gives us some simple information we can use to help find a class that works for you.

**2**

**TAKE A CALL FROM ONE OF  
OUR FRIENDLY ADVISORS**

They will talk to you about what you hope to gain from attending a falls prevention class, explain some of the benefits, and identify anything we can do to help you attend.

**3**

**COMPLETE YOUR NEW STARTER  
PACK**

This form gives your instructor important information about your health and mobility, so that they can ensure the class is safe and effective for you.

**4**

**ATTEND YOUR FIRST CLASS**

Don't forget to bring along your New Starter Pack! Your instructor will greet you and may ask you some additional questions to help you get the most out of the class.

**5**

**BEGIN TO FEEL THE BENEFITS!**

Over the first 12 weeks, your instructor may ask you to undertake some simple balance and mobility assessments, to support you to track your progress. With consistency and commitment, our evidence-based classes should help you to feel stronger and steadier!