

# LIVE STRONGER FOR LONGER

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 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 and track your progress. With consistency and commitment, our evidence-based classes should help you feel stronger and steadier!

LIVE STRONGER FOR LONGER - WHAT WILL YOU DO WITH MY REFERRAL

