

Feeling unsteady on your feet? Experienced falls? Over 50?

This programme is for you.

Focusing on strengthening muscles, improving balance and mobility.
A fun, friendly environment to help build your confidence.

The sessions will include either seated exercise, strength and balance,
or Tai Chi, as well as advice on falls prevention and keeping well.



Monday

Seated Exercise 12.30-1.15

Tai Chi 1.30 - 2.30

Enfield Highway Community Centre

117 Hertford Road EN3 5JF

Thursday

Seated Exercise 10.30 - 11.30

Community House

311 Fore Street N9 0PZ

Tuesday

Seated exercise

Session 1: 1.30 - 2.30

Session 2: 2.45 - 3.45

St Peter's Church

Vera Avenue N21 1RG

To find out more about your 12 FREE sessions, or to
book a space please email

fallsprevention@ageukenfield.org.uk

Or call 020 8375 4120

www.ageukenfield.org.uk