

# Improving Strength and Balance



Improve your strength, balance, stamina and flexibility through seated and standing exercises using resistance bands and other apparatus

Improve stability and reduce the risk of falls as well as improve general fitness and well-being

Receive support from our Strength and Balance Trainer and Active Age Coordinator to find other activities and classes that suit you

Wednesday 1.30-2.30pm £4

The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

**BOOKING ESSENTIAL**

Please call: 0191 287 7027