

# STRENGTH & BALANCE CLASS NEW VENUES

As part of the Sandwell Falls Prevention Service

## MYRA HARRIS COMMUNITY ROOM

Brickhouse Lane  
West Bromwich  
B70 0DZ

### Client Assessments:

Wednesday 5th February 10-11am

### Class start date:

Monday 10th February 2:30 -  
3:30pm



To book an assessment,  
please:  
Call us on 0121 437 0033  
or email:  
sandwellfallsprevention  
@ageuksandwell.org.uk

### Client Assessments:

Wednesday 5th February  
11:30am-2:30pm

### Class start date:

Wednesday 12th February  
2:30 - 3:30pm

## WEST BROMWICH LEISURE CENTRE

Moor Street  
West Bromwich  
B70 7AZ

Visit our website to find more information on our service:  
<https://www.ageuk.org.uk/sandwell/our-services/>

Our 'Staying Steady' guide is free to download on our website and provides information and tips on how to reduce your risk of falling.