

POSTURAL STABILITY INSTRUCTION CLASSES

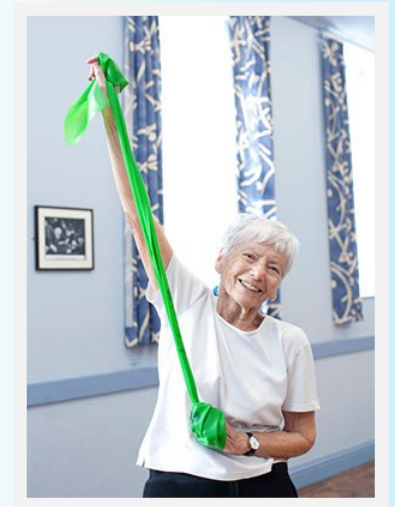
Postural Stability Instruction (PSI) is the only evidence-based exercise that provides proven outcomes for frequent or recurrent fallers.

Classes: Mondays & Thursdays - 10am-11am & 11.15am-12.15pm
Wednesdays - 1.30pm—2.30pm

The classes are completely FREE

The Postural Stability exercise service is for people living in the Solihull and Birmingham area who are registered to a SOLIHULL GP.

Participants must be 65 and over with a history of falls in the last 12 months.



PSI is a 20 week programme of 1 hour classes to improve strength, balance and confidence.

Classes are based at:

Family Renewal Centre, Vulcan Way, Solihull, B91 2JY

**Ask your GP or Health Professional today
to be referred into this service**

Referrals must be received by a GP or Health Professional

www.ageuksolihull.org.uk