



Falls Prevention Service

The Balance Programme

Helping the people of Trafford stand strong against falls

- Postural Stability classes
- Information, advice & practical support to individuals
- Support to care homes and community groups

0161 672 9642

tom.snape@ageuktrafford.org.uk

www.ageuktrafford.org.uk

Registered Charity No. 1109047



Age UK Trafford provides the following classes:

Strength & Balance Exercise Classes

Every
Wednesday

9.30am - 10.15am

@ Age UK Trafford in Urmston

Every
Friday

10.00am - 11.00am

@ Fiona Gardens in Sale

1.40pm - 2.30pm

@ Limelight in Old Trafford

Postural Stability Classes

Every
Monday

10.15am - 11.00am

@ Limelight in Old Trafford

3.00pm - 4.00pm

@ All Saints Church in Hale Barnes

Every
Tuesday

3.00pm - 3.45pm

@ Stretford Public Hall

Every
Wednesday

10.30am - 11.15am

@ Age UK Trafford in Urmston

10.45am - 11.30am

@ Salvation Army in Sale

12.00pm - 12.45pm

@ Salvation Army in Sale

Every
Thursday

10.30am - 11.15am

@ Elkin Court in Partington

Every
Friday

11.00am - 11.45am

Online class via Zoom

Maintenance Classes

Every
Tuesday

12.30pm - 1.15pm

@ All Saints Church in Hale Barnes

Every
Wednesday

1.00pm - 2.00pm

@ Fiona Gardens in Sale

Please contact us on **0161 672 9642** as these classes are sometimes subject to change.