

Falls Prevention Strength and Balance Sessions

Central Bedfordshire

great
lifestyles

Are you over 65+

Are you at risk of falling? Have you recently had a fall? Are you worried about falling?

If yes we can help you!



A free 12 week strength & balance programme

Where: Silsoe Community Sports Centre, MK45 4GP

Time: 12.15pm-1.15pm - 45 minute class with refreshments after

Starting: Monday 25th April

Finishing: Monday 11th July

Improve your strength and balance, avoid slips trips and falls, build your confidence, keep your independence, live healthier, younger and longer.

To be referred to this programme please speak to your G.P

For more information please e-mail: active.lifestyles@centralbedfordshire.gov.uk



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