

FREE Falls Prevention Classes



TOGETHER STRONGER

We are better

Exercise classes to help you build strength, improve mobility and help sustain your day-to-day activity levels.

Balance and gentle strength-based physical activities can help to improve mobility leading to a more active, social and independent life.

- **FREE Weekly Classes** for the first 10 weeks and then a small charge per session thereafter.
- **Starting Mondays from 12 May 3:30pm – 4:30pm** at The Limes Centre, Limes Avenue, Chigwell, IG7 5LP. (excl. bank hols)

For information and to **register** for classes please contact:

Nigel at togetherstronger@mail.com or  **07881543245**