

Otago Falls Prevention Exercise

Seated and standing strength and balance exercises to maintain and prolong independence.

This new class aims to increase mobility, flexibility, muscle strength and improve balance, with the opportunity after for refreshment and a chance to socialise with other members of the class.



Starting Wednesday 10th September 2014

at 10.30am to 11.20am

At Wickhambrook Pavillion

Pay as you go £4.00 a class.

**For more information please call Sam Reid on 01284 757758
or Mandy Felton on 01440 702548.**



Working with



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