

QUOTES...

FROM PEOPLE TAKING THE CLASSES

“My knee feels a lot better!”

“The nutrition discussion was really useful!”

“The instructors are fantastic!”

“I feel great and I haven't fallen once since attending! Before, I used to fall a lot!”

“I feel better and enjoy the social event!”

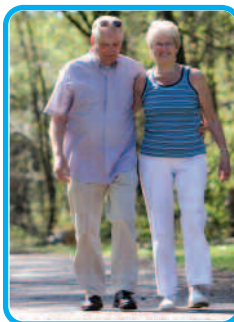
“The classes have encouraged me to do more exercise!”

“I am now sleeping better!”

“The home exercises I was given are very useful!”

“Since attending the classes my balance has improved!”

“I feel more energetic and cheerful!”



Western Cheshire **NHS**
Primary Care Trust

To book your place, contact
Falls Prevention Service

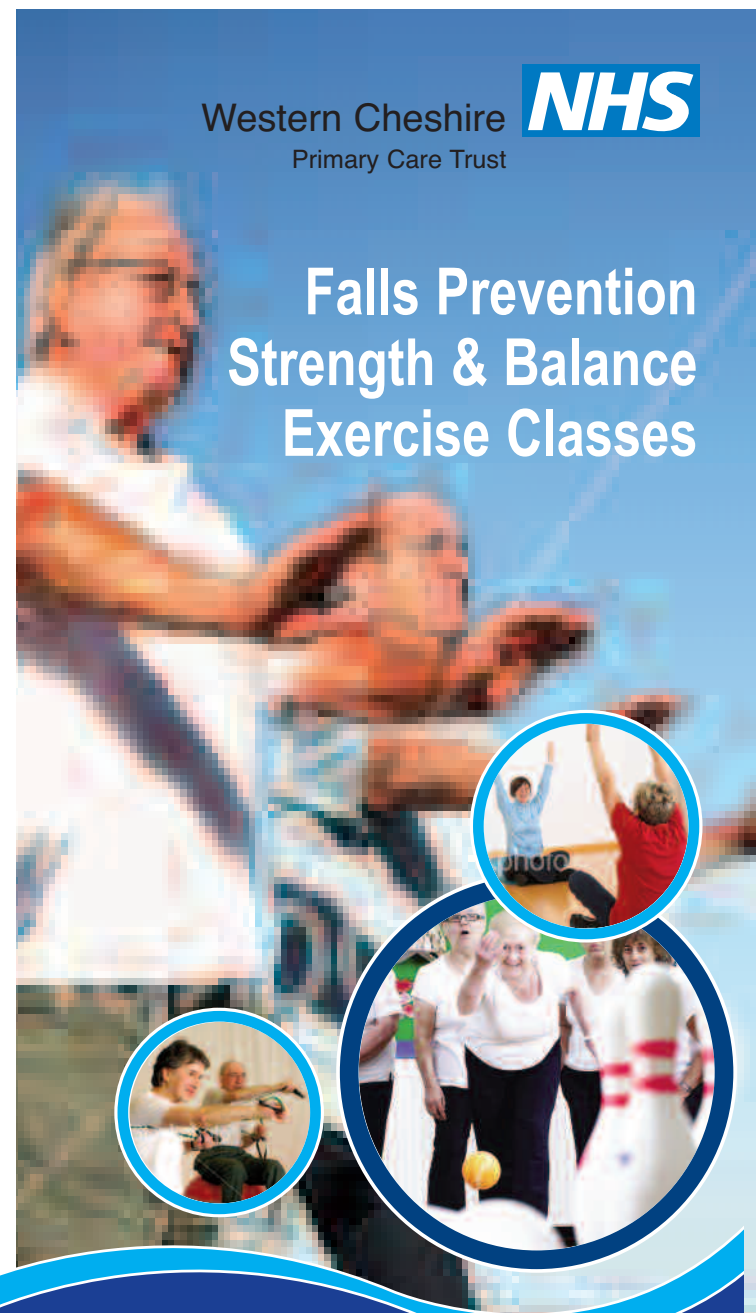
01244 364 818

This document can be made available in a range of alternative formats including various languages, large print, Braille and audio cassette. To discuss your requirements please ring

01244 650368

Western Cheshire **NHS**
Primary Care Trust

Falls Prevention Strength & Balance Exercise Classes



Come join us!

The classes are designed to improve your strength, balance and flexibility, and reduce your fear and risk of falling.

Each course of classes lasts for 10 weeks and covers a variety of topics including:

- Risks in the home and the environment
- What to do in the event of a fall
- Physical activity and exercise
- Nutrition and healthy eating
- Important assessment at week 1 & 10



VENUES & TIMES

Monday

- Neston Methodist Church
- Chester New Church, Newton

Thursday

- Lach Community Centre
- The Epic, Ellesmere Port

Friday

- Waverton Evangelical Partnership
- Upton Village Hall
- Ellesmere Port Healthy Living Centre

Coming Soon

- Saughall
- Tarporley



WHO SHOULD ATTEND?

- If you are aged 60+
- If you have had a recent fall
- If you are interested in reducing your risk of falling and making friends at the same time!
- If you need more confidence to go out

Sessions are approximately 1.5 hours - 45 minutes to 60 minutes of exercise, followed by 20 minutes of discussion.



Booking your place

If you would like to book a place, contact Falls Prevention Service

01244 364 818