

STRENGTH & BALANCE CLASSES



Have you had a fall, or do you fear falling? Can't use the stairs like you used to? Want to use the bus but frightened of falling?

This class will give you back the confidence you once had, to be able to keep you living independently!

At St Augustine's Church Hall, Johnstone Road, Thorpe Bay SS1 3HX

MONDAYS 2.30pm – 3.30pm starting 6th October 2014

£5 per session.

Elaine Holland is a qualified Postural Stability Instructor with Laterlife, specialising in Strength and Balance exercises.

For further information or bookings please ring: 01702 582231