



FIT VILLAGES

NEW Strength and Balance Class

An evidence based Otago programme to reduce falls in frailer older people

FREE Taster session Thursday 8th September

2-2.45pm at Freckenham Village Hall

This will be followed by a regular weekly class costing just £4 a session

- Chair based and standing exercises
- Improve strength, balance and confidence
- Meet other local people and enjoy refreshments at the end

“I’ve never done an exercise class before but I love it. I don’t get out enough, and I am turning 80 this year, so this is the time to change things” (Brenda, Otago class participant)

For more information and to book, please contact Julia Cragie 07542 518 470

