

Falls Club

Have you had a fall? If you have had a fall recently or are worried that you might have a fall, why not join our postural stability classes, which have just started at the Centre?

The classes are free and are a friendly, exercise programme that will help to restore your confidence.

The classes are held in the Paddlesworth Rooms **each Thursday afternoon from 2 to 4 pm.**

Interested? Then, why not contact the Falls Prevention Team on **01622 762403** or email: fpsuam-online.org.uk.

If you need transport, then give us a ring

KEEP ACTIVE!

Have you had a fall?
Are you worried about falling?

Join a friendly, specialist exercise programme ideal for people who have had a fall or fear falling.

Our **FREE** postural stability classes are starting in your community now.

Transport provided for those in need.

☎ 01622 762403
✉ fpsevam-online.org.uk
🌐 www.vam-online.org.uk

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