

DID you know Falls Prevention Exercise Classes has been proven to be extremely effective in reducing falls in older people.

Falls Prevention Exercise Class

Where: Rosebery St Peters Community Centre,
Storer Road, Loughborough, LE11 5EQ

When: Weekly, Thursdays, from 24th Aug, 2017

Time : 12 – 1pm

Cost: £3 per session

A fun social 12 week class which can help improve balance, coordination and mobility. Suitable for anyone at risk of falling. Booking required.



Call the Active Charnwood team to book or find out more on 01509 63 2535 or active.together@charnwood.gov.uk