

STRICTLY No FALLING!

**Have fun, socialise and
maintain your independence**

**Join a local activity session to improve
your strength, balance and coordination.**



Class details:

Little Eaton Postural Stability Class

OAP Hall Barley Lane

Little Eaton DE21 5DJ

Thursday 11.00am - 12.00noon

£4.00 per session

Contact Ben Middleton on 07500 600171

or Jo Briggs 07837 277 252

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Charity number: 1068550



Working in partnership with
Derbyshire Community Health
Services NHS Foundation Trust

www.ageuk.org.uk/derbyandderbyshire/snfcClasses

