

# Strength and Balance Classes

Offering a chance for older people to be motivated and educated in making lifestyle choices in a fun environment to improve health and wellbeing.



Rural Living  
Well Project

## What's involved?

The programme is designed to reduce the incidence of falls and fractures within the community.

Each session is approximately an hour in duration, this consists of 45 minutes of a mixture of seated and standing exercises and a 15-30 minute talk on a variety of different topics including nutrition, reducing the risks of falling, osteoporosis and many others.



## Who can attend?

Anyone!

- If you have been advised by a GP or Health Professional
- If you want to increase your activity levels
- If you worry about falling

Booking essential - call to book your place  
on 0151 355 0205

Tattenhall  
Malpas  
Tarporley  
Farndon

HEALTHBOX

**NHS**  
West Cheshire  
Clinical Commissioning Group





“My flexibility has increased”

“My walking has improved”

“It’s a great way to make new friends”

“We have lots of fun with the instructors”

## Benefits of the classes

- Improve Balance
- Improve Strength
- Improve Flexibility
- Improve Mobility
- Improve Coordination
- Give you more energy
- Make new friends
- Cardio Vascular endurance (improving your heart and lungs)
- Have fun!

