

SUNDERLAND STRENGTH & BALANCE PROGRAMME

EXERCISE TRULY CAN HELP

EVERYONE



Everyone Active in partnership with Sunderland City Council are offering a **FREE 14 week Fall Prevention programme which is designed to help over 50's improve their strength, balance and confidence.**

ARE YOU FEELING A BIT UNSTEADY ON YOUR FEET OR WORRIED YOU WON'T BE ABLE TO GET UP IF YOU HAVE A FALL?

EVERYONE ACTIVE CLASSES BEGIN IN MID-MARCH AND WILL BE HELD AT **HOUGHTON SPORTS & WELLNESS CENTRE** AND **EASINGTON LANE COMMUNITY ACCESS POINT (ELCAP)**

PLEASE GIVE US A CALL ON **0191 584 3840** FOR MORE INFORMATION AND TO BOOK YOUR PLACE

