

Supporting you to lead an active and healthy life

Over 55?

Feel a little unsteady on your feet?

Like to improve your balance?

Why not join our Strength and Balance exercise classes?

- Helping you stay active and independent for longer
- Improving your balance, strength and confidence
- Helping prevent falls and injuries
- Standing and seated exercises
- A chance to socialise, meet new people and access information

For more information and to book your place please contact
Sara Davies on 07985 133966 or sara@theactivehealthcoach.co.uk