

# Falls Prevention

Are you concerned about your balance? Feel unsteady?

Our classes are proven to help reduce falls and keep you active, **by improving:**

- ✓ balance
- ✓ posture and core stability
- ✓ muscle strength
- ✓ mobility
- ✓ flexibility and co-ordination
- ✓ your confidence

Could **YOU** benefit from a low cost specialist class delivered by a Qualified, Later Life trained, Postural Stability Instructor?

Join us in our **Strong and Steady or Fit and Fun** classes and improve your confidence, physical ability and reduce your risk of falls and injury.

The weekly session consists of gentle exercises, followed by an opportunity to socialise over refreshments.

As Frank said :

*“Coming to the class has changed my life”*



and Mary

*“I love it here”*



# Peace of Mind:

All our staff and volunteers are fully trained, supervised and are police checked through the Disclosure & Barring Service.

# Venues:

Our classes are held in Tunbridge Wells, Tonbridge and Sevenoaks.

To find out where more please contact **Sarah** on:

# Contact Details:

telephone

**01892 510200**

e-mail:

[falls@goodneighbourproject.org.uk](mailto:falls@goodneighbourproject.org.uk)

For further information about our **Strong and Steady / Fit and Fun** classes please contact **Sarah** at

**Good Neighbours**

TWBC  
12 Upper Grosvenor Road  
Tunbridge Wells  
Kent TN1 2EP

Telephone/Fax  
01892 510200

Email  
falls@goodneighbourproject.org.uk

Web  
www.goodneighbourproject.org.uk

Office Hours  
Monday and Tuesday 10 am — 4.30 pm  
Thursday .....10 am — 4.30 pm

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[www.facebook.com/goodneighbourproject](http://www.facebook.com/goodneighbourproject)

 Follow us on Twitter  
[www.twitter.com/goodneighbourpr](http://www.twitter.com/goodneighbourpr)

Registered Charity No. 1126344

April 2015



Award 2012  
and  
Charity of the Year 2012  
Charity of the Year 2014



Good Neighbours  
is supported by  
Kent County Council Public Health



**Do you have a fear of falling?**



**Come and have fun  
at one of our  
gentle exercise classes**