



Strength and Balance Classes (Falls Prevention)

at Penkridge Leisure Centre



Every Tuesday
2.30pm - 3.30pm



Working in partnership with



**Penkridge
Medical
Practice**

- ✓ Starting Tuesday 3 March 2020 there are three free sessions (Residents of Penkridge and surrounding villages only)
- ✓ Charge of £1.50 introduced from 24 March 2020
- ✓ Limited space so please book in advance
- ✓ Chat and tea/coffee afterwards for all participants
- ✓ Help and support for falls prevention
- ✓ Part of the Staying Well programme



South Staffordshire Council



Penkridge Leisure Centre
Cannock Road, Penkridge, ST19 5RX



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