

FOREVER

# Active

Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

## Strength & Balance

Do you want to improve your balance and feel steadier on your feet?

This class is a mixture of seated and standing exercises to help improve mobility and conditions such as:

Arthritis, osteoporosis, joint replacement, back pain and other age related medical conditions

Every Friday at 1.30– 2.15pm

Methodist Church Hall

New Street, Doddington March PE15 0SP

**First Class Free**

Cost: £4.00 per session per person for members (£5.00 non-members)

For further information contact Becky tel: 07928 026509



**CPFT**   
Cambridgeshire and Peterborough  
NHS Foundation Trust

[www.forever-active.org.uk](http://www.forever-active.org.uk)

Email: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) | Tel: 07432 480105 | PO Box 974, Cambridge CB24 9XG