

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 2.45– 3.30pm

St Peter's Church Hall

High Street, March, Cambridgeshire PE15 9JR

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

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