

Virtual Information Sessions – Nov 2020

Physical Activity - 17 Nov (1.00-2.30pm)

Learn about Physical activity and the type and amount of activities we need to do to maintain our health and wellbeing. Also learn about simple exercises to do at home.

Osteoarthritis Management - 20 Nov (10.30am-12.00pm)

Learn about osteoarthritis and how to look after your joints using exercise and lifestyle factors.

Osteoporosis and Bone Health - 26 Nov (10.00am-12.00pm)

Learn about how to manage or prevent osteoporosis. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

Please register by contacting us on

Tel: 0300 123 8086

Email: KINCCG.betterbones@nhs.net

Virtual Exercise classes –Jan 2021

(Free for people living, working or studying in Kingston or belong to Kingston GP Surgery)

Osteoporosis Class (12 weeks)

Starting 5th of Jan 2021, Tuesdays 10.30-11.30am.

If you have been diagnosed with osteoporosis or osteopenia or at risk of developing them. Some risk factors include - A broken bone after a minor bump or fall, family history of hip fracture or osteoporosis, early menopause (before 45), rheumatoid arthritis, Cancer, regularly taking corticosteroid tablets, smoking, or consuming more than 3 units of alcohol per day.

Osteoarthritis Knee Class (12 weeks)

Starting 6th of Jan 2021, Wednesdays 10.30-11.30am.

If you have been diagnosed with osteoarthritis in your knee.

Strength and Balance Class (10 weeks)

Starting 11th of Jan 2021, Mondays 10.30-11.30am.

Anyone who is in need of full body strength and balance workout.

Please let us know:

If you are unable to attend these sessions but interested in future sessions or don't have digital access or interested in face to face sessions.

Places are limited. Please register by contacting us on

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