

# Join free Balance and Fall Prevention Workshops

*Let's stay active, independent, and fall-free – together!*



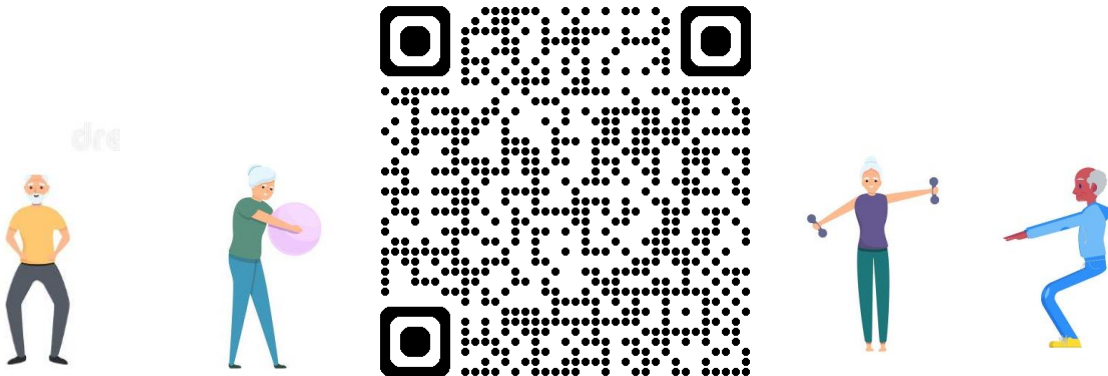
## Free Strength and Balance classes

Join a 12-week Otago Strength and Balance programme to boost your strength, flexibility, and confidence. Designed to help reduce your risk of falls by up to 55%, these expert-led sessions support your independence and keep you moving safely.

📅 Weekly Classes Across the Borough

✓ Suitable for All Fitness Levels

⇒ Book Now using the QR Code or visit our website for more info!



## FREE Falls Prevention Workshop

Worried about falling? Come along to a **1-hour workshop** to learn how to reduce your personal risk and stay steady on your feet. No booking needed – just turn up!

📍 **Civic Centre – Council Chambers**

👋 Meet in Main Reception at **9:45 AM**

📅 **Wednesday 20th August | 10:00–11:00**

📅 **Tuesday 23rd September | 10:00–11:00**