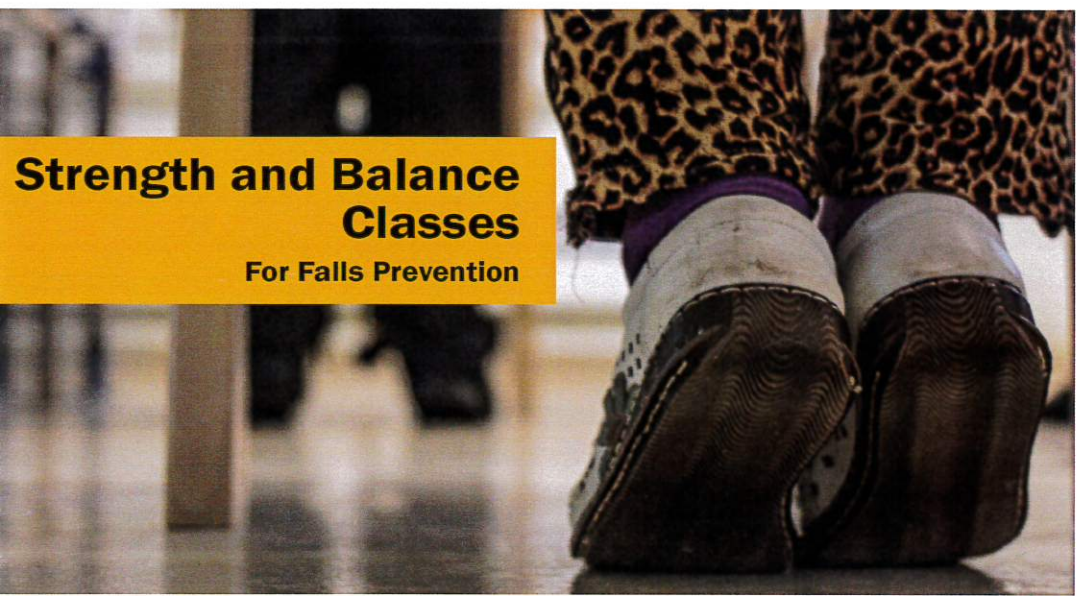




**Strength and Balance
Classes**
For Falls Prevention

Have you had a fall or nearly fallen?

Are you worried about falling?

Research shows specialist strength and balance exercise can help you avoid a fall.

To discuss your concerns, or for more information about free classes for Lambeth and Southwark residents call our Strength and Balance helpline.

020 3049 5424

We also welcome calls from friends or family.

What are the Strength & Balance classes?

Led by trained instructors, the classes follow a programme of specific exercises designed to improve your strength, balance and confidence when walking.

The classes are for Lambeth and Southwark residents who have had a fall or are worried about falling, but continue to get out and about locally. You will need to get to the classes yourself.

They run once a week for one hour and are available at convenient locations across Lambeth and Southwark.

The classes are provided by Guy's and St Thomas' NHS Foundation Trust in association with King's Health Partners.

What are the benefits?

There are a wide range of benefits, such as improved health and well-being, associated with regular exercise.

By coming to these classes you can also expect to:

- Feel more steady when walking
- Improve your strength and balance
- Improve your abilities with daily activities such as housework, shopping or gardening

The classes are welcoming and you will get to know other people living in your area.