

LIVE STRONGER FOR LONGER

Vacancies for independent strength and balance instructors available with Age UK Derby and Derbyshire.

Do you:

- ◆ Enjoy helping others?
- ◆ Understand the importance of exercise?
- ◆ Care about falls prevention, particularly within the elderly population?
- ◆ Want to make a difference to the quality of lives and keeping people independent and socially active?
- ◆ Have the time and commitment to dedicate a couple of hours each week to the sessions?

If so, we would love to hear from you.
Training is offered to deliver the exercises if needed.

Please contact Age UK Derby & Derbyshire for more information on 01773 766922

Live Stronger for Longer
the falls prevention service for Derbyshire,
funded by Derbyshire County Council, delivered by Age UK Derby and Derbyshire



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