STRENGTH & Sandwell BALANCE CLASS Let's change how we age

As part of the Sandwell Falls Prevention Service

MYRA HARRIS COMMUNITY ROOM

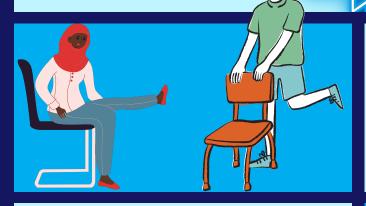
Brickhouse Lane West Bromwich B70 ODZ

Client Assessments:

Wednesday 5th February 10-11am

Class start date:

Monday 10th February 2:30 - 3:30pm



To book an assessment, please: Call us on 0121 437 0033 or email: sandwellfallsprevention @ageuksandwell.org.uk

Client Assessments:

Wednesday 5th February 11:30am-2:30pm

Class start date:

Wednesday 12th February 2:30 - 3:30pm

WEST BROMWICH LEISURE CENTRE

Moor Street West Bromwich B70 7AZ

Visit our website to find more information on our service: https://www.ageuk.org.uk/sandwell/our-services/

Our 'Staying Steady' guide is free to download on our website and provides information and tips on how to reduce your risk of falling.