

GET UP AND GO!

Prevent Falls • Maintain Health • Remain Independent



Visit your local session at:

3.15pm - 4.30pm

Every Thursday

Starting 6th February

£4.00 per session

**At Brass Band Hall, Daventry,
NN11 0PN.**

Improve your:



Mobility Balance Strength Stamina

Strength and
balance exercise
sessions for older
adults, delivered by
a qualified OTAGO
instructor.

To book in contact:

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