

Do you want to increase confidence when out and about  
giving you the strength to remain independent?

# MAINTAINING MOVEMENT



Discover the benefits you will gain from  
safe and effective exercise at:

Maintaining Movement -  
Strength and Balance classes

**Perdiswell Leisure Centre,  
Bilford Road, Worcester, WR3 8DX.**

- \* Mondays 10am (MM)
- \* Wednesdays 11:30am (SB)
- \* Fridays 11:30am (MM)

**St. Peter's Community Centre  
Eden Close, Worcester, WR5 3TZ.**

- \* Tuesdays 10:30am (MM) & 11:30am (SB)

People gain great results, including improvements in:

**WALKING:** Pace and stride (with or without aids),  
lifting toes to prevent trips, heel-to-toe push off;  
climbing stairs.

**RISING FROM A CHAIR:** A critical skill for independence  
which can be regained and continued into frailty.

**EVERYDAY TASKS:** Putting your shoes on, maintaining  
enough strength and balance to bath and shower.  
Reaching the back of your neck and high shelves.

**TRANSPORT:** Getting in and out of a car, train or bus.

**GARDENING:** Getting down and up from a kneeling  
or bent position.

**Led by an advanced specialist instructor  
with more than 40 years teaching experience.**

**To discuss your individual requirements, come along or call Lynne on 07771-574565.**



This class provides exercises that consider  
flexibility, balance, strength and cardio-  
respiratory fitness. Exercises can be done  
seated or standing.