

In partnership with:

ZestPeople
Getting the nation active...

crawley wellbeing

“Feeling Good & Balanced”

A Balance Improvement Programme for older adults is now available in Crawley.

Classes being held during 2009/10

Be able and stable!

Some of the benefits other people have found from attending a balance programme:

- ✓ Makes you feel good!
- ✓ Reduces the risk of slips, trips & falls
- ✓ Improves balance, strength & mobility
- ✓ Helps you to maintain your independence
- ✓ Increases confidence, at home and getting out & about
- ✓ Coping skills will help you get back on your feet
- ✓ Make new friends!

Is there a cost?

A small charge of £1 is made to cover refreshments

Advice, Support & Encouragement

- Do you feel unsteady on your feet?
- Is your balance not what it used to be?
- Do you have a fear of falling?

If you answered **YES** to any of the above questions, the Feeling Good & Balanced programme could be for you.

When & Where?

The programme is available to you for 6 months and runs weekly at local community venues in Crawley.

What to expect

Each session lasts about one hour and includes targeted exercises **to improve strength and balance**. Qualified and friendly staff makes you feel welcome and enjoy the class. Refreshments and a short talk about healthy lifestyle topics are also on offer!

“The best thing is being able to walk outside without looking down” Class participant

“Thank you so much for your support and encouragement. I feel more confident and everyday tasks are easier”

Find out more...

Please call Rachel Stokes on 01903 660070 ext 0075 or email rachel@zestpeople.co.uk

Zest People are delivering the project on behalf of and funded by the Crawley Wellbeing Project.

www.zestpeople.co.uk or call 01903 660070 ext 0075