



EXERCISE CLASSES

SPECIFICALLY DESIGNED FOR OLDER PEOPLE TO HELP MAINTAIN HEALTH, STRENGTH AND STABILITY

FOLLOWED BY A CUP OF TEA!

Have you had a **FALL**?

Have you got a fear of **FALLING**?

Are you over 65 **YEARS OF AGE**?

Would you like to **MEET PEOPLE**, have some **FUN** and **BUILD CONFIDENCE** at the same time?

Classes to be held in Staplehurst, Lenham & Coxheath

£3 per hour

Transport available if needed

Please call Brighter Futures for Older People on

01622 677337

or email danny.hewis@vam-online.org.uk

For more information

BRIGHTER FUTURES IS FUNDED & SUPPORTED BY THE BIG LOTTERY FUND, MAIDSTONE BOROUGH COUNCIL & NHS WEST KENT

