



FREE STAND STRONG TASTER SESSIONS

Monday 15th

Disley Community Centre
11:30am-13:30pm

Wednesday 17th

Congleton Scout Hut
14:00-15:00pm

Thursday 18th

Nantwich Elim Church
11:00am-12:00pm

We are pleased to announce that One You Cheshire East are hosting three free Stand Strong (Falls Prevention) Taster Sessions during Falls Prevention Awareness Week, which runs from 15-19th November 2021.

Benefits of attending our sessions:

- Take part in our free balance test
- Learn gentle exercises to improve your strength, balance and mobility
- Able to sign up to a local class near you!
- Able to receive signposting support for local community activities.

Limited capacity – book now to secure your free place!

www.oneyoucheshireeast.org/stand-strong
www.cheshireeast.gov.uk/livewell

How to book



ONE YOU CHESHIRE EAST