

crawley wellbeing brings you...

WELLBALANCED

A falls prevention class

A free 15-week course for over 65s to help prevent falls
and keep you moving

- Improve your strength and stability
- Build your confidence
- Learn what to do if you have a fall
- With qualified, specialist instructors.

Call us on **01293 585350** to book
your place.



What is the Wellbalanced course?

Crawley Wellbeing run three Wellbalanced courses per year for the over 65s. These 15 week courses are designed to help prevent falls by building confidence and improving stability. Places on the course will be given following an assessment if the instructor feels the course will be of benefit.

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