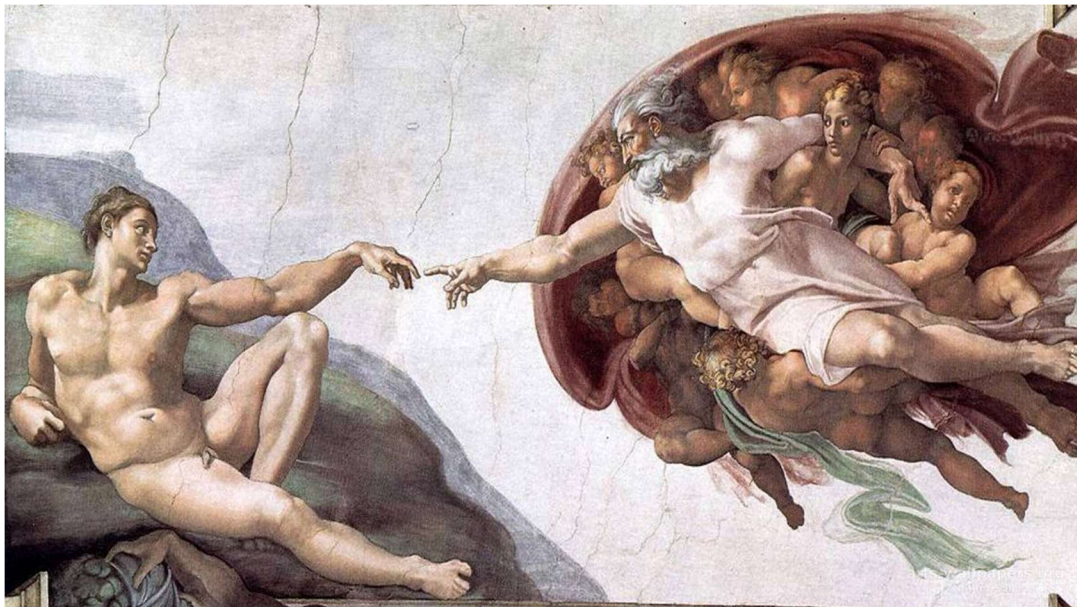


## Exercising at Home

Here is a link to a PDF called "[Stay Active at Home] – Strength and Balance Exercises for Older Adults" from the Chartered Society of Physiotherapy. This is a good resource to pass on to other people you may know who need ideas of how to start exercising at home.

Forwarded by Lorna Couldrick

## Remember the Rules!



Adam: That's about two metres, eh?

God: Yes, but have you washed your hands?

Ernie Grice