



EVERY MONDAY

MOULTON

COMMUNITY CENTRE

OTAGO

BALANCE & STRENGTH

Otago

The Otago programme was designed specifically to prevent falls. It consists of a set of leg muscle strengthening and balance retraining exercises delivered in a friendly and supportive environment by qualified instructors.

The exercises are tailored to individual needs and gently progressed as your confidence increases. Hope to see you there.



Every Monday
12.00 – 1.00 p.m

Anti-falls

Evidence based

**Qualified
Instructors**

£4 per session
First session free

**Moulton Community
Centre,
Sandy Hill,
Reedings,
Moulton,
NN3 7AX**

**ANY QUESTIONS
PLEASE CONTACT**
**[marcus@fitnesswithout
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