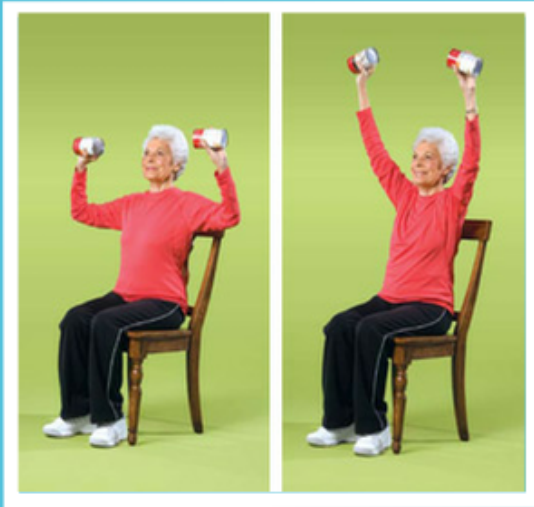


# Extend / Falls Prevention



**4 week course**

**Tuesdays 10:00am-10:45am**

**Starts 7<sup>th</sup> March**

**£35**

- **A gentle sequence of movements to music**
- **Tailored to everyone chair based or standing**
- **Help improve the health of your heart, reduce blood pressure and control diabetes**
- **Improve physical fitness, muscular strength, flexibility, balance and co-ordination**

**To book your place call or email:**

**01691 656882**

**info@qube-oca.org.uk**

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