

FALLS  
PREVENTION

# Strength and Balance Class

Monday 2.30 - 3.30 at  
Farnham Leisure Centre

Reduce your risk of having a fall by doing regular strength and balance exercises.

Join our specially designed class .

Only £4 per session . Tea and coffee to follow included in price.

**FARNHAM LEISURE CENTRE**

Dogflud Way, Farnham

01252 723208

[www.farnhamleisurecentre.co.uk](http://www.farnhamleisurecentre.co.uk)

