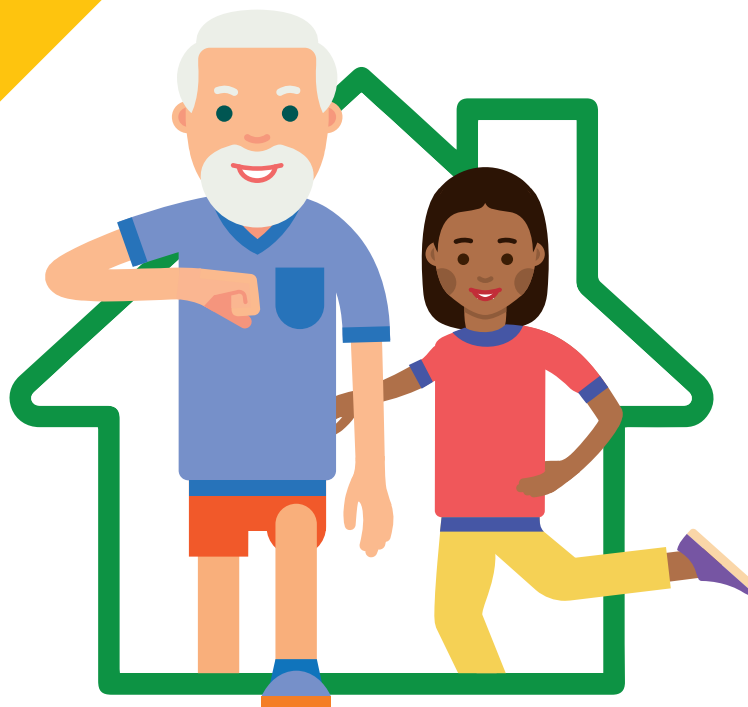


**FREE**  
courses



# Social. Active. Strong.

helping you move forward with confidence

A strength and balance service for residents of  
Epping Forest, Harlow and Uttlesford.



A **FREE** 12-week programme of activity to  
help you **build strength, improve mobility**  
and help sustain your day to day activity levels.

Doing more gentle strength based physical activity can help improve mobility and balance leading to a more active, social and independent life. **Social. Active. Strong.** is a FREE service available to adults living or registered to a GP's practice in Epping Forest, Harlow and Uttlesford.

**For information and to register for FREE classes please contact:**

**EPPING FOREST RESIDENTS** 07902 401578 [sasreferrals@eppingforestdc.gov.uk](mailto:sasreferrals@eppingforestdc.gov.uk)

**HARLOW RESIDENTS** 07510 383146 [sas@harlow.gov.uk](mailto:sas@harlow.gov.uk)

**UTTLESFORD RESIDENTS** 07817 166274 [Strength&BalanceReferrals@uttlesford.gov.uk](mailto:Strength&BalanceReferrals@uttlesford.gov.uk)