

FREE
on-line classes



Social. Active. Strong.

helping you move forward with confidence



A new 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 ONLINE CLASSES ...

EPHING FOREST & HARLOW RESIDENTS

tel 01992 564561

csreception@eppingforestdc.gov.uk

UTTLESFORD RESIDENTS

tel 01799 510585

lfish@uttlesford.go.uk

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A new strength and balance service for
West Essex, funded by Essex County Council and
the West Essex Clinical Commissioning Group.

**Delivered by Epping Forest, Harlow and Uttlesford
Councils and available to all residents or any one
registered with a GP's practice in these districts.**

The service is a falls prevention service for all adults aimed at
reducing their chance of falling by increasing their strength and
mobility through a **FREE** 12 week progressive physical activity
on-line programme.

Referral criteria • West Essex resident or registered with a West Essex GP practice • Aged 18+
• At risk of falling or has reduced strength or mobility • Needs to increase activity levels.

To make a REFERRAL please contact ...

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