



Older Adult Exercise Class

Wanting to stay fit and strong in your older age....?

Then come and join a weekly forty-five minute 'physiotherapy led' exercise class at Hurstbourne Tarrant Community Centre **every Wednesday morning at 11.30am or 12.30pm.**

The Benefits of regular exercise include

- Improving your **Physical and Mental Wellbeing**
- **Improving your Mood** and helps you stay **Energetic, Mobile and Independent**
- **Lowers risks** of Cardiovascular diseases, Type 2 diabetes, Stroke and Dementia
- It's **Social and Fun!**

Receive an individual physiotherapy assessment with a qualified senior physiotherapist. She will tailor an exercise program to your individual needs and ability. Each subsequent class will then be run by a qualified fitness instructor to help manage exercises that (depending on your personal requirements) will likely include seated, standing, balancing and mobile activities.

All you need to know

- Individually tailored exercise program for the older adult
- 45 minute class
- Every Wednesday morning at 11.30am or 12.30pm at Hurstbourne Tarrant Community Centre
- Initial personal physiotherapy assessment £45
- Then £8 per class run by fitness instructor

What Next?

Call **Caroline Taverner** on 01962 779796 or email carolinetaverner@hobbsrehabilitation.co.uk for more details and to reserve your place now for a more energetic future!