

# Falls Prevention

## Strength & Balance Classes **Return!**



## Falls Prevention deserves your Re-attention!

The Belfast Health and Social Care Trust in partnership with Active Belfast are pleased to announce the restart of its Falls Prevention Group Exercise Programmes. Let us help you return to structured exercise in a safe environment, increase your physical activity levels, challenge your strength & balance, promote general wellbeing and ultimately reduce your risk of falling.

**Let's restart together!**

### HAVE YOU:

- Had a recent **fall** ?
- A **history of falls** OR near misses ?
- A **fear of falling** that limits your confidence to complete your daily activities ?

If you answered **Yes** to one or more of the above, live within the **Belfast Trust** and are aged **65** or over, you may be eligible to attend a 12 week Strength & Balance Exercise Programme.

This 12 consecutive week Strength & Balance Programme is **free of charge**.

### PURPOSE:

Each 60 minute exercise session is designed to help improve:

**Activity levels,  
Confidence,  
General wellbeing,  
Help reduce your risk of falls.**

Each exercise session is delivered by our trained Falls Activity Practitioners with the aim to challenge you:

- **Muscle strength & endurance**
- **Balance and co-ordination**

### CURRENT LOCATIONS:

- Olympia Leisure Centre
- Girdwood Community Hub
- Andersonstown Leisure Centre
- Hanwood Centre
- Shaftsbury Recreation Centre
- Willowfield Church Halls
- Maureen Sheehan Centre

**(Please contact us for further information on day and time of classes. Venues are subject to change)**

### CONTACT DETAILS:

If you would like to attend one of the programmes, please telephone **028 9504 7656** or email: [FallsServices@belfasttrust.hscni.net](mailto:FallsServices@belfasttrust.hscni.net)

[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)

