



# Falls Prevention Strength & Balance Class

## FREE 12 week programme

**Over 65? Live in the Belfast Trust area?**



Have you had a fall, near miss or ongoing fear of falling that affects your daily activities?

The Belfast HSCT together with Active Belfast are running Falls Prevention Group Exercise Programmes across the city.

The exercise classes are run by Falls Activity Practitioners and last for 60 minutes.

The class aims to improve your:

- Strength
  - Balance
  - Activity levels
  - Confidence
  - General wellbeing
- and reduce your risk of falls.



If you are interested please contact 028 9504 7656 or  
[FallsServices@BelfastTrust.hscni.net](mailto:FallsServices@BelfastTrust.hscni.net) to find out if the class is suitable for you