

FREE Strength & Balance Classes for Over 50s!



**Are you living with a long-term health condition?
Do you struggle with activities of daily living?
Want to feel stronger and improve your balance?**

**Join our new Strength & Balance class.
Meet new people and have fun!
FIRST 10 CLASSES FREE!**

Tuesdays (11:30 to 12:15) from 7 January
Sunnside Methodist Church

For more info, please ring Emma on 07963 049179.
Please consult your doctor before beginning any fitness regimen.

For more info about activities for over 50s, please visit
www.gatesheadopa.org.uk or ring 0191 438 1721.