



EVERYONE

**WANTS TO
GET UP AND GO**

Help prevent falls with a combination of seated exercise and Otago.

Weekly classes available

New 'Strength and balance' exercise classes

Book your FREE taster session!

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More information at www.nottinghamshire.gov.uk/falls

ENGAGE IN CARE

Everyone Health & Nottinghamshire
Get-up And Go Exercise

 Nottinghamshire
County Council

everyone **HEALTH**