



**Health & Independent  
Living Support**

**Community  
Activities**

# STRENGTH AND BALANCE GROUP CLASS

**Venue:** Friendship House, Wellfield Close, Hatfield,  
AL10 0BU

**When:** Mondays & Thursdays

**Time:** 11:00 - 12:00

Take part in this class sitting down or standing with support

*\*Free tea and coffee provided after class\**

*\*Free telephone consultation with the instructor\**

## Focus on improving

- Confidence
- Mobility
- Balance
- Co-ordination
- Flexibility
- Strength
- Posture
- Stamina



For more information and prices call us on 0330 2000 103  
or head to our website [www.hils-uk.org](http://www.hils-uk.org)