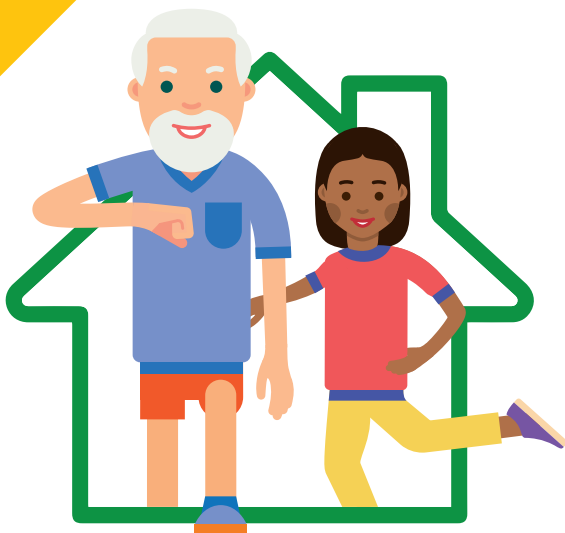


FREE
courses



Social. Active. Strong.

helping you move forward with confidence

A strength and balance service for residents of
Epping Forest, Harlow and Uttlesford.



A **FREE** 12-week programme of activity to
help you **build strength, improve mobility**
and help sustain your day to day activity levels.

Doing more gentle strength based physical activity can help improve mobility and balance leading to a more active, social and independent life. **Social. Active. Strong.** is a FREE service available to adults living in or registered to an Epping Forest, Harlow or Uttlesford GP Practice.

For information and to register for FREE classes please contact:

Epping Forest 01992 564226 sasreferrals@eppingforestdc.gov.uk

Harlow 07510 383146 sas@harlow.gov.uk

Uttlesford 07817 166274 Strength&BalanceReferrals@uttlesford.gov.uk