

FREE
on-line classes



Social. Active. Strong.

helping you move forward with confidence



A new 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 or registered to a GP's practice in Epping Forest, Harlow and Uttlesford.

For information and to register for FREE ONLINE CLASSES ...

EPHING FOREST & HARLOW RESIDENTS

tel 01992 564561

csreception@eppingforestdc.gov.uk

UTTLESFORD RESIDENTS

tel 01799 510585

lfish@uttlesford.go.uk