

**TRY A
CLASS
FOR FREE
TODAY**

**Strength and balance
exercise classes for
older adults**



**YOUR
HEALTH
NORFOLK**



Older Adult Exercise Classes

Improve your strength, balance and mobility with our friendly classes suitable for all abilities.



One-to-One Exercise

Exercise programmes tailored to your needs and delivered in the comfort of your own home.



Falls Prevention Talks

Our informative and immersive talks are perfect for groups and societies that have regular speakers.

If you are interested in joining, please contact us on:

Email: info@yourhealthnorfolk.co.uk | Telephone: 01603 339026

Website: www.yourhealthnorfolk.co.uk