

Feeling Older? Falling?



Stay Stronger & Stay Upright Longer at Epsom Methodist Church

Group classes:

Wednesdays 11:30 & 13:30

Gentle activities for seniors to help you keep mobile &
perfect your balance

£9.00 per class (or £75 for a 10 week block)

Epsom Strength & Balance

To book your place or to find out more information
call Karen on 07771 647132 or

Email: epsomstrengthandbalance@gmail.com