



ONE YOU CHESHIRE EAST

**IMPROVE YOUR
STRENGTH, BALANCE
AND CO-ORDINATION.**

**Join our Stand
Strong Falls
Prevention
programme today**



ONE **YOU** CHESHIRE EAST

DO YOU WANT
TO BE **ACTIVE?**

Join our Active Lives programme today

Bollington

Programmes to help you become active or improve your balance and mobility come to Bollington Health & Leisure

One You Cheshire East have partnered with Bollington Health & Leisure to deliver their Active Lives and Stand Strong programmes at their facility.

If you know someone who is looking to become active or improve their strength, balance and co-ordination, they may be eligible to access one of the programmes.

Eligibility criteria applies and booking is essential.

To find out more

Please visit One You Cheshire East's website or contact the One You Cheshire East team who will happily help:

Active Lives: www.oneyoucheshireeast.org/active-lives/

Stand Strong: www.oneyoucheshireeast.org/stand-strong/

Call: 0300 123 5026

Email: OneYouCE@everybody.org.uk

Audlem and Handforth

Do you want to improve your balance and mobility?

Increase your confidence, remain independent and in your own home for longer with One You Cheshire East's free, 26-week evidence-based Otago exercise programme, Stand Strong. **Now available in Audlem and Handforth.**

Take part in strength and balance classes, receive prescribed home exercises as well as education on how to reduce risk factors for falls.

Eligibility criteria applies and booking is essential.

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