

“MOVE EXERCISE SESSIONS”

FOR OLDER PEOPLE

**St Mark’s Church Hall, North Road, Darlington
DL1 3BH**

Starting Thursday 16th January 2025

4.30pm – 5.30pm 1 hour session for 8 weeks

(These sessions are free of charge)



These gentle exercise sessions are designed to help

- Improve Physical mobility and agility (helps prevent falls and injury)
- Build muscular strength maintaining independence
- Improve sleep quality
- Increase energy levels
- Improve mood and mental health
- Improve balance and co-ordination

Classes are seated but every session will be adapted to your needs as you progress. You can also take a rest whenever you need. A qualified and fully insured professional Instructor will ensure that all exercises are safe and help you to become fitter and healthier.

IT'S SIMPLE

Anyone can do the moves and it's easy. Participants build physical skills and leave the class with a sense of achievement.

IT'S SOCIAL

You'll make new friends and participants will gain strength and confidence from exercising in a group which help you stay motivated

IT'S FUN

Fun comes first. We guarantee that there's heaps of it.

If you are interested in reserving a place for this 8 week course - send your name, address and telephone number to Caroline Ferguson at

Caroline.ferguson64@gmail.com

Or give us a call on Tel 07816154 355

Book early as places are limited

Funded by Point North Community Grant