# "MOVE EXERCISE SESSIONS"

# FOR OLDER PEOPLE

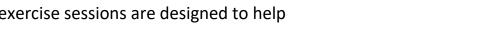
## St Mark's Church Hall, North Road, Darlington DL1 3BH

Starting Thursday 16<sup>th</sup> 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 are places are limited

**Funded by Point North Community Grant** 

