

# LIVE STRONGER FOR LONGER

Strength and balance exercise in a fun, friendly class can help maintain mobility and independence so you **LIVE STRONGER FOR LONGER.**

Our quality assured classes are available in Derbyshire your nearest class is:



**What:** Chair based, Strength and Balance class

**When:** Fridays from 12th April, 11.30am to 12.30

**Where:** Hartington Village Hall,  
Buxton, SK17 0AW

**Please let Liz or Kay know if you are thinking of attending**

Please contact Age UK Derby & Derbyshire for more information

 01773 766922  [www.ageuk.org.uk/derbyandderbyshire/](http://www.ageuk.org.uk/derbyandderbyshire/)

