

Gateshead Strength and Balance Classes 2025



Free 14 Week long Class Programmes for over 65yr olds living with mild to moderate frailty, a history of falls and reduced confidence

Birtley Family Hub, Mondays, 1-2pm

Heworth Leisure Centre, Tuesdays, 1-2pm

Blaydon Leisure Centre, Wednesdays, 12.30-1.30pm

Rowlands Gill Community Centre, Thursdays, 11am-12

For further information email: ghnt.communitystrengthandbalance@nhs.net

A partnership between Gateshead Health NHS Foundation Trust and Gateshead Council Public Health