



## **Gateshead Strength and Balance Classes 2025**

"It has been life changing, I feel alive!"

"Meeting new people has improved my mental wellbeing. I look forward to it every week."

I'm lucky to have something like this in our community: it certainly makes me feel better." *"I can walk for longer than before and I'm becoming more independent."* 

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