

Strength and Balance Classes for falls prevention

Research shows strength and balance exercise can help reduce the risk of falls. The SLIPs Falls Pathway has been running evidence based, falls prevention exercise classes in Lambeth and Southwark for over ten years.

There has been recent investment to expand this preventative service. The team are targeting Lambeth and Southwark residents aged 65 and above, who have either had one or two falls, or have noticed that their ability to walk has deteriorated.

Classes are free, run once a week for an hour, and clients need to be able to get to the classes independently.

For more information please call [020 3049 5424](tel:02030495424)