

Falls

prevention classes



Being active and taking regular exercise can help by:

- Reducing the risk of falls
- Improving mobility, co-ordination and balance
- Reducing the risk of stroke, heart disease, or high blood pressure
- Improving general health and well being
- Maintain independence and coping with daily living activities.



Falls prevention classes

Designed to help those who have had a fall or who are afraid of falling, these classes are a mixture of chair based and standing exercises.

The exercises will improve strength, balance and flexibility, whilst helping to improve confidence and reduce the risk of a fall.

This class is delivered by a qualified Postural Stability Instructor.

Location	Day	Time
Scout Hut, Waitrose car park, Melksham	Monday	12noon – 12.45pm
Five Rivers Health and Wellbeing Centre, Salisbury	Monday	12noon – 12.45pm 1pm – 1.45pm
Longfield Community Centre, Trowbridge	Monday	1pm – 1.45pm
Tidworth Leisure Centre, Tidworth	Monday	11.15am – 12 noon
Leighton Recreation Centre, Westbury	Monday	2pm – 2.45pm
Warminster Sports Centre	Monday	12.15pm – 1pm
Lime Kiln Leisure Centre, Royal Wootton Bassett	Monday	11.15pm – 12noon 12.30pm – 1.15pm
The Activity Zone, Malmesbury	Tuesday	10.45am – 11.30am
United Church Hall, 10 St Margaret's Hill, Bradford on Avon	Tuesday	12.30pm – 1.15pm 1.30pm – 2.15pm 2.30pm – 3.15pm
Baptist Church, Brown Street, Salisbury	Tuesday	10am – 10.45am 11.15am – 12noon
Devizes Leisure Centre, Devizes	Tuesday	12.45pm – 1.30pm
Durrington Sports Centre	Tuesday	1.30pm – 2.15pm
Calne Leisure Centre, Calne	Wednesday	10am – 10.45am 11am – 11.45am
Marlborough Leisure Centre	Wednesday	1.15pm – 2pm 2.15pm – 3pm
Pewsey Leisure Centre	Wednesday	1.30pm – 2.15pm
Springfield Community Campus, Corsham	Thursday	11.45am – 12.30pm
Devizes Leisure Centre	Thursday	2.15pm – 3pm
Croft Court, Chippenham	Thursday	3pm – 3.45pm
Heberden House, Cricklade	Thursday	3pm – 3.45pm
Nadder Centre, Tisbury	Friday	12.15pm – 1pm

Further information

If you would like to attend one of the classes or would like further information, please call Sally Phillips on **07799 074312** or email sally.phillips@wiltshire.gov.uk

All details are correct as of April 2019.