

# LIVE STRONGER FOR LONGER

Have you Had a Fall?

Feeling less confident on your feet?

Keen to improve strength and balance?

Want to get more active?

Are you worried about a loved one?

Then Strictly No Falling classes may be just for you!

The Falls Prevention service is funded by Derbyshire County Council – delivered by Age UK Derby and Derbyshire working in partnership with Derbyshire Community Health Services (DCHS).

“Strictly No Falling” brings together Derby and Derbyshire health and social care organisations that aim to reduce falls in older people. Adult care, NHS, Leisure services the voluntary sector and housing associations provide a range of activities, services and information to help people improve their mobility, strength and balance and reduce their risk of falling.

Not keen on attending classes call 01773 768240 to see what help can be provide for you or your loved one.

**If you are interested, please contact the Falls Prevention activity advisors who will be able to help.**

**Call 01773 766922**

or

Email - [administration@ageukderbyandderbyshire.org.uk](mailto:administration@ageukderbyandderbyshire.org.uk)



# **strictly No Falling!**