


Retford Falls Prevention Course Spring 2023

Aside from weight management, we now also offer a free falls prevention course in Retford. The course is there to help anybody who has a history of falls, feels unstable or has problems with strength and balance, or are worried about having a fall. It is a rolling 12-week program delivered by a fully trained Otago or Postural Stability Instructor.

The sessions are once a week, involving 45 minutes of strength and balanced based exercises followed  by a 30 minute social element with tea and coffee to support with mental health.

At the moment we currently have one session at The Well, Retford every Friday 11:00 – 12:30. It's only a small group, and it would be fantastic to spread the word and build the numbers up!

Kind regards,

Eleanor Mills

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