



PramaLIFE
Age friendly communities

OTAGO BALANCE CLASS

@ St Marys Church Beacon Room,
Church Road, Ferndown, BH22 9EU

Every Monday 12.45 – 13.30
£6.00 per session paid monthly

A class to improve
your strength and
balance and prevent
the risk of falls.



Allsorts Rehab
FITNESS

To book, contact Jo Sinclair
07970886393
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www.allsortsrehabfitness.co.uk