

It's Never Too Late

Weekly exercise classes at Ability Bow for older people from Tower Hamlets and Hackney who want to improve their strength, balance, get fitter and improve well-being.

Ask your GP to refer you to Ability Bow.



Ability Bow
passionate about people

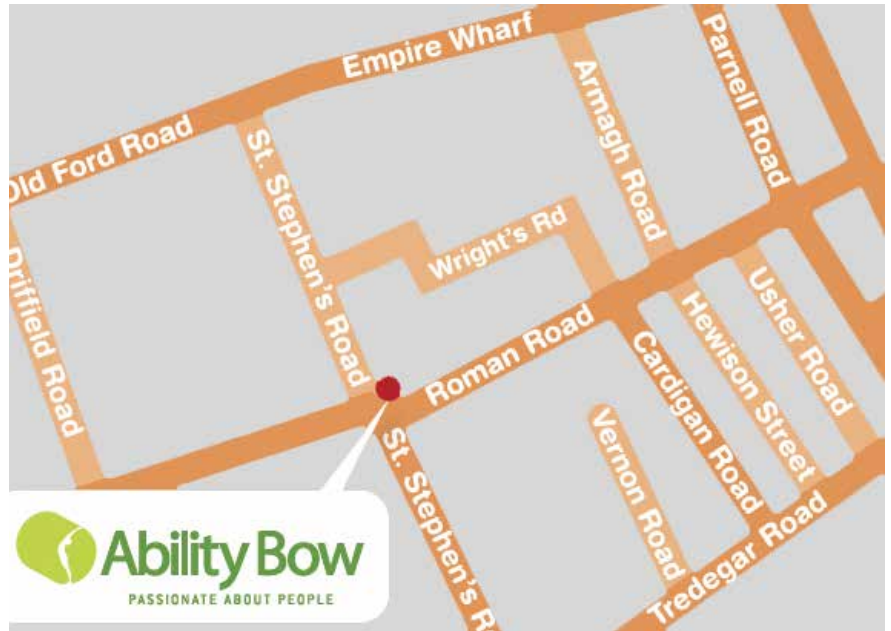
The class will provide:

- Awareness of stroke and falls
- Building resilience for those at risk
- Helping local older people to live more independent lives
- Exercise safely with improved confidence.

This rolling class costs £4.50

Takes place on Tuesdays at 1.45pm

Lasts for one hour, followed by a cup of tea and social time with the group and instructor Tony in the church café.



We are 2 minutes walk from the number 8 and 339 bus stop.

For more information:

Tel 020 8980 7778

Email reception@abilitybow.org

www.abilitybow.org