

# Otago Exercise Programme

to prevent falls in older adults

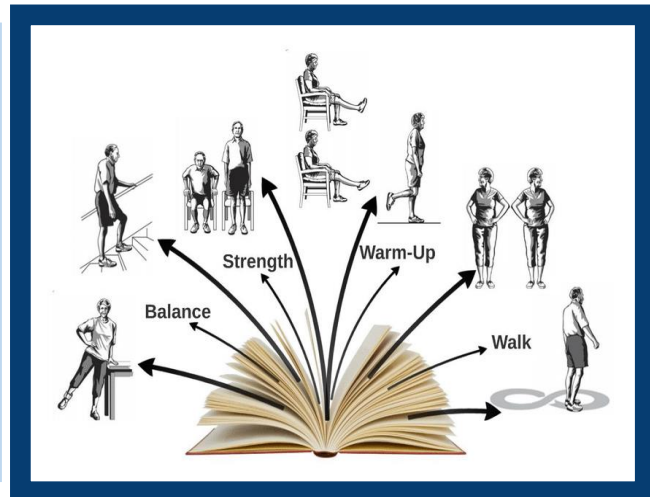
A home-based, individually tailored strength and balance retraining programme

Newmarket Day Centre, Fred Archer Way, Newmarket, Suffolk, CB8NT

Classes are held on:

**Tuesday** 10:30am until 11:30am  
£2 a Session

**Friday** 10:30am until 11:30am  
£3 a Session



**Come and Join our friendly Otago Group  
here at Newmarket Day Centre.**

**Call 01638 664262 to book your place!**

## THE FACTS

- Falls are a common problem for people over 65 years old. They are the leading cause of injury for this age group.
- Falls can have serious consequences including trauma, pain impaired function, loss of independence.
- Falls are often the result of a number of different factors but leg muscle weakness and impaired balance are two of the major ones.

Our Qualified Instructor  
Veronica can help you improve:

Balance  
Muscle Strength  
General Fitness  
General Well Being  
Mobility  
Flexibility  
Well Being  
Self Esteem  
Confidence