



## Strength and Balance Class at STAMPERLAND PARISH CHURCH

A new FREE Strength and Balance class offering exercises to help you improve your strength, balance, stamina, flexibility as well as benefiting your overall mental health by taking part in a group exercise activity. We are providing a 40 minute class offering 14 simple exercises for you to participate and also to practice within your own home.

### A Gentle, Friendly Class

The aim of the class is to help you to enjoy exercise and feel good about yourself, so you feel positive and relaxed when you leave. Many of us have worries and fears about exercising and what's expected of us – we will help you take things at your own pace, and have a bit of a chat & giggle too?

The exercises in this class will help you to improve your balance and co-ordination, reaching, posture, stride, and grip. Carrying shopping, doing housework and walking will be less work, making it easier and more enjoyable to do the things you do every day.

**WHERE:-** Stamperland Parish Church, Lower Hall, Clarkston.

Entrance to Hall from Stamperland Hill, Clarkston G76 8LJ

At: 2.15pm – 3.15pm

Dates: TUESDAY 7<sup>th</sup> AND 14<sup>th</sup> DECEMBER

### To Find Out More and To Book A Place

Please contact: Sine Delahunt, Community Health Development Worker on 07894802349 or Email [sine.delahunt@eastrenfrewshire.gov.uk](mailto:sine.delahunt@eastrenfrewshire.gov.uk)

