



Functional Fitness MOTs



Feeling less steady on your feet? Measure your strength, balance and stamina against “normal” for your age, try a free exercise taster and find out how to stay upright and active.

5th August 2022 from 09.30 am
Eastern Oswestry Community Centre
Cabin Lane, SY11 2LQ

Book your FREE 2.5-hour appointment

Call **01743 360641** or
email **susie.hancock@community-resource.org.uk**



**Are you aged between 60 and 95? Do you feel at risk of falling?
Then why not book yourself in for a Functional Fitness MOT?**

Your session includes:

A one-to-one session of simple tests to see how you're doing for your age bracket or whether you could benefit from being more active.

A short taster session in gentle exercise and information on suitable local and online exercise opportunities.

A talk and film presentation on how to reduce your risk of falling, develop a personal Falls Plan for your home and learn how to get up safely if you do fall.

Take home your fitness test results, personal action plan and information about health, activity and improving strength and balance.

A donation towards the work of our charity would be greatly appreciated.



About us

Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin.

**www.community-resource.org.uk
01743 360641
enquiries@community-resource.org.uk**

