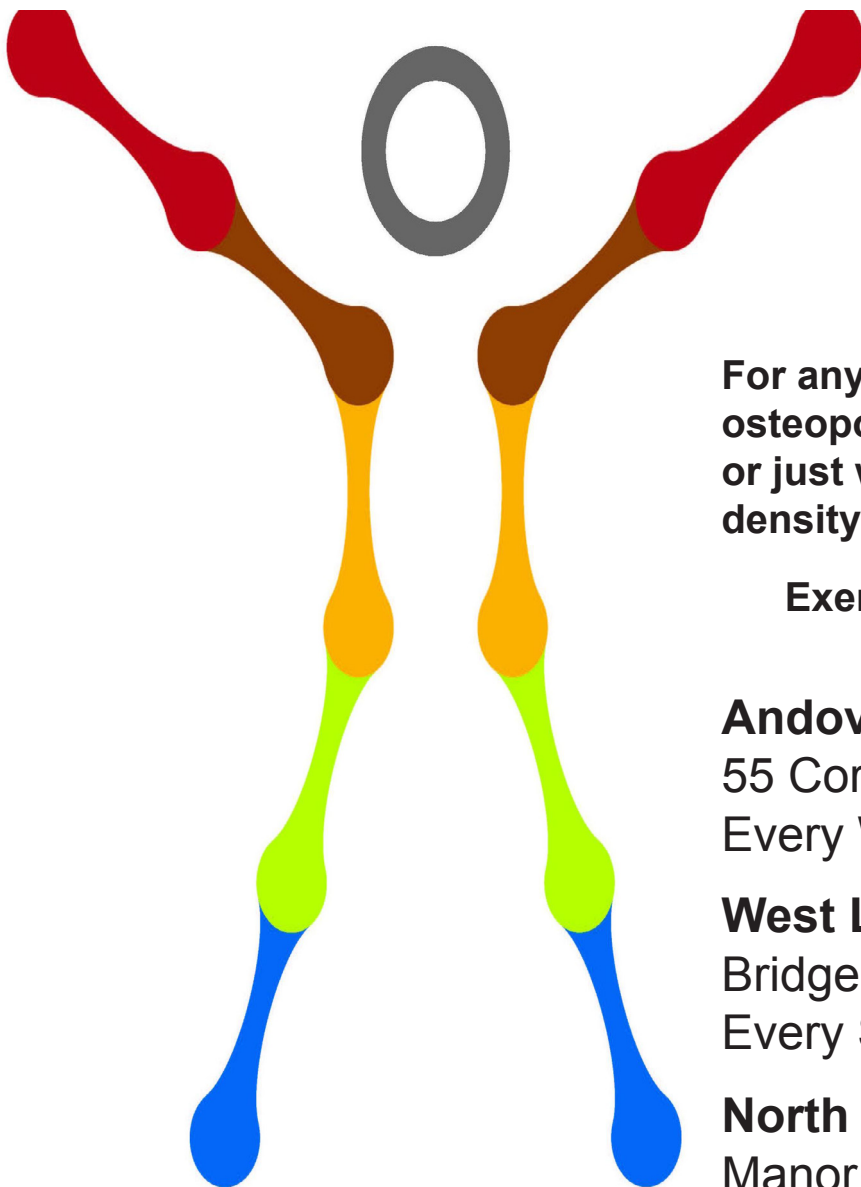


BREAK FREE from OSTEOPOROSIS



Classes
in 3 locations
**EVERY
WEEK!**

For anyone diagnosed with osteoporosis, in a high risk group, or just want to make sure your bone density stays strong and supple

**Exercise classes developed at
Royal Free Hospital**

Andover Community Centre £3
55 Corker Walk, N7 7RY
Every Wednesday 11.00am-12.00

West Library £3
Bridgeman Road, N1 1BD
Every Saturday 9.30am-10.30am

North Library £3
Manor Gardens, N7 6JX
Every Saturday 1.30pm-2.30pm

Details phone 0798 114 2376

Bring a mat and wear loose clothing

"The readings of the spine have shown improvement and those of my hips are stable."

"All Round Strength has improved. I have more confidence carrying out physical tasks."

"The pain in my back improved."



www.healthygenerations.org.uk/strongbones

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