

BREAK FREE from OSTEOPOROSIS



"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



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

Cat & Mouse Library £3

277 Camden Rd, N7 0JN

Every Wednesday 11.30am-12.30

North Library £3

Manor Gardens, N7 6JX

Every Thursday 5.00pm-6.00pm

West Library £3

Bridgeman Road, N1 1BD

Every Saturday 9.30am-10.30am

Details phone 0798 114 2376

Bring a mat and wear loose clothing

ISLINGTON

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