MOVE MORE FEEL BETTER

ACTIVE WITHIN & PCN1W

Find the right programme to improve your mobility, strength and confidence!

Mobility and Balance Group	Improve balance, coordination and mobility	Reduce the risk of falls	Maintain physical independence
Physical Activity Group	Gentle, low-impact exercise.	Muscle activation and strengthening	Bodyweight exercises for individual ability.

No exercise needed on the day!

BMI recording available on the day!

Referral to a free programme for ongoing physical activity support.

Wednesday 18th November 2026
10am - 12pm

Everglade Medical Practice
NW9 5XT

Drop in Event!
No need to register