Strength for Life

Better Balance

Feel steadier and reduce your risk of falls

Simple balance and strength exercises to help you build confidence, move more easily and enjoy meeting others.

Strength for Life **Better Balance** focuses on the skills that help keep you steady, designed for beginners or anyone wanting extra confidence with movement.

You'll be guided by an experienced instructor in a weekly class or for a specific period with pre-activity and post activity balance assessments, helping you clearly see your progress over time.

Balance training can help improve posture, increase coordination and improve brain function.

Balance training is for every body!

Strength for Life

Entry level, friendly exercise program

Every year, one in every three people over the age of 65 fall and as a person ages, the risk of falling becomes even greater. Balance training can help you improve your balance and reduce the risk of falls.

It's never too late to feel stronger and improve your health, wellbeing, and life.

Find your nearest Better Balance class:

Scan the QR code

or visit **strengthforlife.com.au**

or phone **COTA SA**

FREE CALL 1800 182 324

COTA SOUTH AUSTRALIA

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