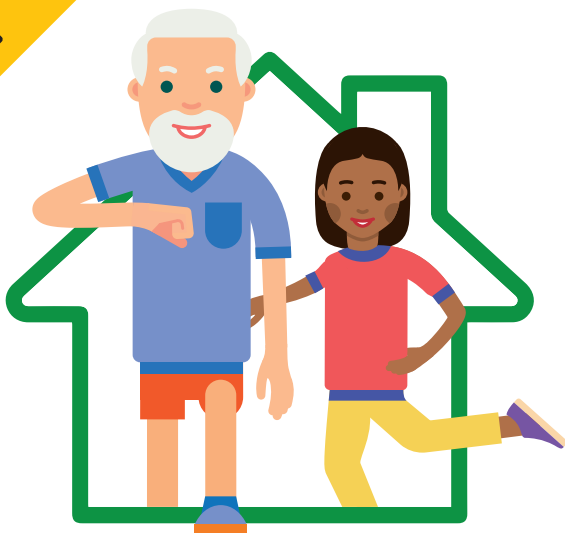


**FREE**



# Social. Active. Strong.

helping you move forward with confidence

A new strength and balance service for residents  
of Epping Forest, Harlow and Uttlesford.



A **FREE** 12-week programme of activity to  
help you **build strength, improve mobility**  
and help sustain your day to day activity levels.

Doing more gentle strength based physical activity can help improve mobility and balance leading to a more active, social and independent life. **Social. Active. Strong.** is a FREE service available to adults living or registered to a GP's practice in Epping Forest, Harlow and Uttlesford.

**For information and to register for FREE CLASSES ...**

**EPPING FOREST & HARLOW RESIDENTS**

tel 01992 564561

[csreception@eppingforestdc.gov.uk](mailto:csreception@eppingforestdc.gov.uk)

**UTTLESFORD RESIDENTS**

tel 01799 510585

[lfish@uttlesford.gov.uk](mailto:lfish@uttlesford.gov.uk)