

If you would like further information about the Strength and Balance programme or if you know of a friend or relative that you think would benefit, please don't hesitate to call us on: 01942 488481



Inspiring
healthy
lifestyles

Wigan
Council

STRENGTH & BALANCE PROGRAMME

Keeping you active and independent

Don't just take our word for it, this is what our participants say...

"I can't believe how much better I feel when I'm out and about."

"My family have seen such a big difference in my ability and my mood. I've even started to do my gardening again."

"I really enjoy coming to the sessions and feel so much happier and healthier."

"I can see really big changes in my balance and feel more confident when walking outside."

01942 488481
getactivewiganandleigh.co.uk



Come and join
Active Later Life

Active Later Life is provided by Inspiring healthy lifestyles and aims to help you maintain your independence through keeping active in later life.



The Active Later Life team work very closely with local NHS professionals and GPs who refer people to the team. We have a team of instructors, who are well qualified and experienced to support you to improve your strength and balance. Our programme is flexible and can be adapted to meet your health needs. Our participants enjoy getting out of the house and meeting like minded people as well as benefitting from being more active.



We provide a Strength and Balance programme consisting of activities such as Tai Chi, evidence based strength and balance exercises or chair exercises as well as the option of home based activities. The programme is designed to help you improve your balance, strength, co-ordination and your confidence to get out and about.

Sessions last approx 45 mins, cost from £2 and take place at community based venues across Wigan Borough. Transport is available to some sessions at a small charge.

