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Seniors get active at home

16 November 2026



This autumn, don’t let the weather put you off from getting active. Gain the skills to stay steady on your feet and strengthen your muscles and improve your balance.

I’ve been helping seniors for 10 years improve their mobility, posture and agility. I am a member of CIMSPA, Fit Pro and the Trust the Trainer scheme. I am recommended by NHS Falls Prevention Professionals, Active Surrey and my clients.

From the comfort of your own home, join Epsom Strength and Balance on Mondays 10:30 to 11:15 – costing £8. Simply email: EpsomStrengthandBalance@gmail.com to register your interest and ask any questions.

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