



**EVERYONE**

**WANTS TO  
GET UP AND GO**

**Come and join our brand-new **ENGAGE** group exercise classes at a Nottinghamshire venue near you!**

Nottinghamshire County Council is working in partnership with Everyone Health to launch **ENGAGE**, a new group exercise program for adults. These classes are a great way to improve your balance, increase your confidence and meet new friends!

**LOW COST SESSIONS AVAILABLE NOW! CONTACT US FOR MORE INFORMATION**

**ENGAGE**  
Everyone Health & Nottinghamshire  
Get-up And Go Exercise

 **Nottinghamshire  
County Council**  
**everyone HEALTH**

## Who is ENGAGE for?

ENGAGE is for people aged over 55 who have mobility and stability challenges. You can be referred by a Healthcare Professional or you can ask us to assess whether ENGAGE is right for you.

## What exercises will I do?

You'll take part in our chair-based exercises and OTAGO, which blends seated and standing exercise sessions that include movements to improve your strength and balance.

## What do I need to bring?

All equipment will be provided, you just need wear some comfy shoes or trainers

## When and where are the classes?

The classes will run throughout the year all over Nottinghamshire, starting in Rushcliffe in February 2018.

## Will there be tea and biscuits?

Yes of course! And plenty of opportunity to meet and chat with other people.

## How do I join?

Speak to your Healthcare Professional, or contact our Falls Prevention Officer for more information using the details below.

**NEW SESSIONS  
NOW COMMENCING  
THROUGHOUT  
NOTTINGHAMSHIRE!**

Call us on  
**0333 005 0092**  
for more information



Email: [clinical.contactcentre@nhs.net](mailto:clinical.contactcentre@nhs.net)

Phone: 0333 005 0092

[www.everyonehealth.co.uk/engage-notts](http://www.everyonehealth.co.uk/engage-notts)

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