



*Have you fallen or have a fear of falling but still want to stay as active and independent as possible?*

Then ask your GP or Health professional if you are eligible to join this rejuvenating strength and balance programme where you will also learn ways to get on and off the floor from specially trained postural stability instructors.

From January 2026 onwards, weekly groups are running in two locations

St Brigid's Resource Centre, Howth Rd, Killester

Ballybough Community Sports Centre



*Jointly funded by local HSE Physiotherapy services and Sports Partnerships*