# RICHMOND BETTER BALANCE PROGRAMME

At Better, we're committed to helping people keep active and healthy.

- Weekly 45-minute referred programme (8 weeks)
- PSI qualified instructor
- Strength & balance training
- Home exercise programme

## Eligibility

- Richmond resident/Richmond GP
- FRAT 0–2
- At risk of falling
- Independently mobile

## Locations

- Pools on the Park
- Teddington Pool & Fitness Centre

## Contact

healthwise.richmond@gll.org

