



**£3.50
PER CLASS**

**FIRST WEEK
FREE**



REACT

ARE YOU STARTING TO HAVE DIFFICULTY DOING DAILY ACTIVITIES

such as walking, getting up from chairs and climbing stairs?
If so **REACT** could help you maintain your independence.

A weekly group physical activity class – followed by cup of tea and a chat.

Photo credit: Chloe Edwards



**Bristol Health
Partners**

Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



**everyone
ACTIVE**

Join our RETirement in ACTion (**REACT**) classes for a delightful break from routine! Be with friendly people, all trying some gentle exercise together, and enjoy socialising afterwards over a cup of tea. **It's the perfect way to better health and happiness.**

Our classes will improve your strength, balance, and confidence. We aim to help you keep your health, mobility, and independence as you age.

Research shows the importance of staying active as you grow older for good physical and emotional health. It is also well-known that a life with a lot of sitting and not much movement puts us at risk of falling and many ill-health issues.

Through regular exercise, conditions such as arthritis, high blood pressure and cholesterol, osteoporosis and type 2 diabetes are more manageable. Our energy levels, sleep and friendships also feel a benefit. REACT group members tell us of now being in less pain, being more flexible, and going back to activities they used to do.

Don't wait until you start giving up routines and hobbies because of living with pain, or losing confidence, or difficult health conditions. Our caring instructors are eager to welcome you. We'll meet with you beforehand to find out your needs and abilities, so our classes can properly support you.

You can either self-refer or speak to your GP today.

TO LEARN MORE ABOUT A CLASS NEAR YOU

EMAIL bristolcommunityoutreach@everyoneactive.com

CALL Alistair on 07825 033 741

