STRONGER FOR LONGER

Build bone and muscle strength during the perimenopause and menopause

PROTECT YOUR BONES. EMPOWER YOUR FUTURE

1 in 2 women over 50 will break a bone due to osteoporosis

Change that - start today

TRY OUR FREE EXERCISE VIDEOS

10 expert-designed exercises

Tailored for women aged 40-55

For all abilities and fitness levels - try the videos in the comfort of your home, 2 or 3 times each week

- Build strength
- Improve balance
- Protect your bones
- Boost your mood

READY TO GET STARTED?

- Try the free video
- Complete a short survey
- Move up a level and feel the difference

Scan the QR code, or visit:
www.healthydudley.co.uk/stronger-for-longer

JOIN A FREE WOMEN-ONLY EXERCISE CLASS

For those who prefer to exercise in a group, Stronger For Longer sessions will run every Saturday morning at local activity centres

FUN, FRIENDLY, AND JUST 30 MINUTES

SILVER JUBILEE PARK ACTIVITY CENTRE
10.15 -10.45am
Mason Street, Coseley WV14 9SZ
Tel: 01384 813747

NETHERTON PARK ACTIVITY CENTRE
10.30 - 11am
Greaves Road, Netherton DY2 9EX
Tel: 01384 814307

MARY STEVENS PARK ACTIVITY CENTRE
8.45 - 9.15am
Stanley Road, Stourbridge DY8 2AB
Tel: 01384 813963

HUNTINGTREE PARK ACTIVITY CENTRE
11.30am - 12pm
Huntingtree Road, Halesowen B63 4HY
Tel: 01384 814305

BOOK YOUR CLASS
AND FIND OUT MORE
SCAN THE QR CODE

www.healthydudley.co.uk/stronger-for-longer

Scan this code to complete a short survey before you start the challenge and again 6 weeks after

Dudley Metropolitan Borough Council

HealthyDudley
Longer, safer, healthier lives

Produced in collaboration with
Dance to health