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

Specially tailored for women aged 40 - 55. For all abilities, from beginner to advanced

JOIN A FREE WOMEN-ONLY CLASS NEAR YOU

Every Saturday morning at local activity centres

Fun, friendly, and just 30 minutes. Simply book your place on Eventbrite

For more information scan the QR code, or visit:
www.healthydudley.co.uk/stronger-for-longer

Dudley Metropolitan Borough Council

HealthyDudley
Longer, safer, healthier lives

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