

Exercise classes – Sept 26

(Free for people living, working or studying in Kingston or belong to Kingston GP Surgery)

Osteoarthritis Knee Class (12 weeks)

Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS

Starting 16 Sept, Wednesdays 10.30-11.30am

Exercise and information sessions for people you have been diagnosed with knee osteoarthritis.

Osteoporosis Risk Class (Strength, Balance and bone health - 12 weeks)

Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS

Starting 16 Sept, Wednesdays 12.30-13.30pm

Balance, Bone and Muscle strength exercises for people who have been diagnosed with osteoporosis or osteopenia or at risk of developing them. Some risk factors include - A broken bone after a minor bump or fall, family history of hip fracture or osteoporosis, early menopause (before 45), rheumatoid arthritis, Cancer, regularly taking corticosteroid tablets, smoking, or consuming more than 3 units of alcohol per day.

Strength and Balance Class (10 weeks)

Shiraz Mirza Trust, Manor Park Hall, Malden Road, New Malden KT3 6AU

Starting 21 Sept, Mondays 13.15-14.15pm

Muscle strength and balance exercises for people with one or more long term health conditions.

Please let us know:

If you are unable to attend these sessions but interested in future sessions.

Places are limited. Please register by contacting us on

Tel: 0300 123 8086

Email: swlicb.betterbones@nhs.net

Information Sessions (Sept-Dec 26)

(free for anyone interested, out of borough clients, families and friends welcome)

No need for advance booking, just turn up on the day

Physical Activity: 29 Sept (13.00-14.30pm), New Malden Library, 48 Kingston Road, New Malden KT3 3LY

Learn about Physical activity and the type and amount of activities we need to do to maintain our health and wellbeing. Also learn about simple exercises to do at home

Osteoporosis and Bone Health: 14 Oct (12.30-14.30pm), Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS

Learn about how to manage or prevent osteoporosis. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

Self Management in Osteoarthritis: 27 Oct (13.00-14.30pm), New Malden Library, 48 Kingston Road, New Malden KT3 3LY

Learn about osteoarthritis and how to look after your joints using lifestyle factors.

Bone Health: 24 Nov (13.00-14.30pm), New Malden Library, 48 Kingston Road, New Malden KT3 3LY

Learn about how to look after your bones. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

Please let us know (0300 123 8086 or swlicb.betterbones@nhs.net): If you are unable to attend these sessions but interested in future sessions.