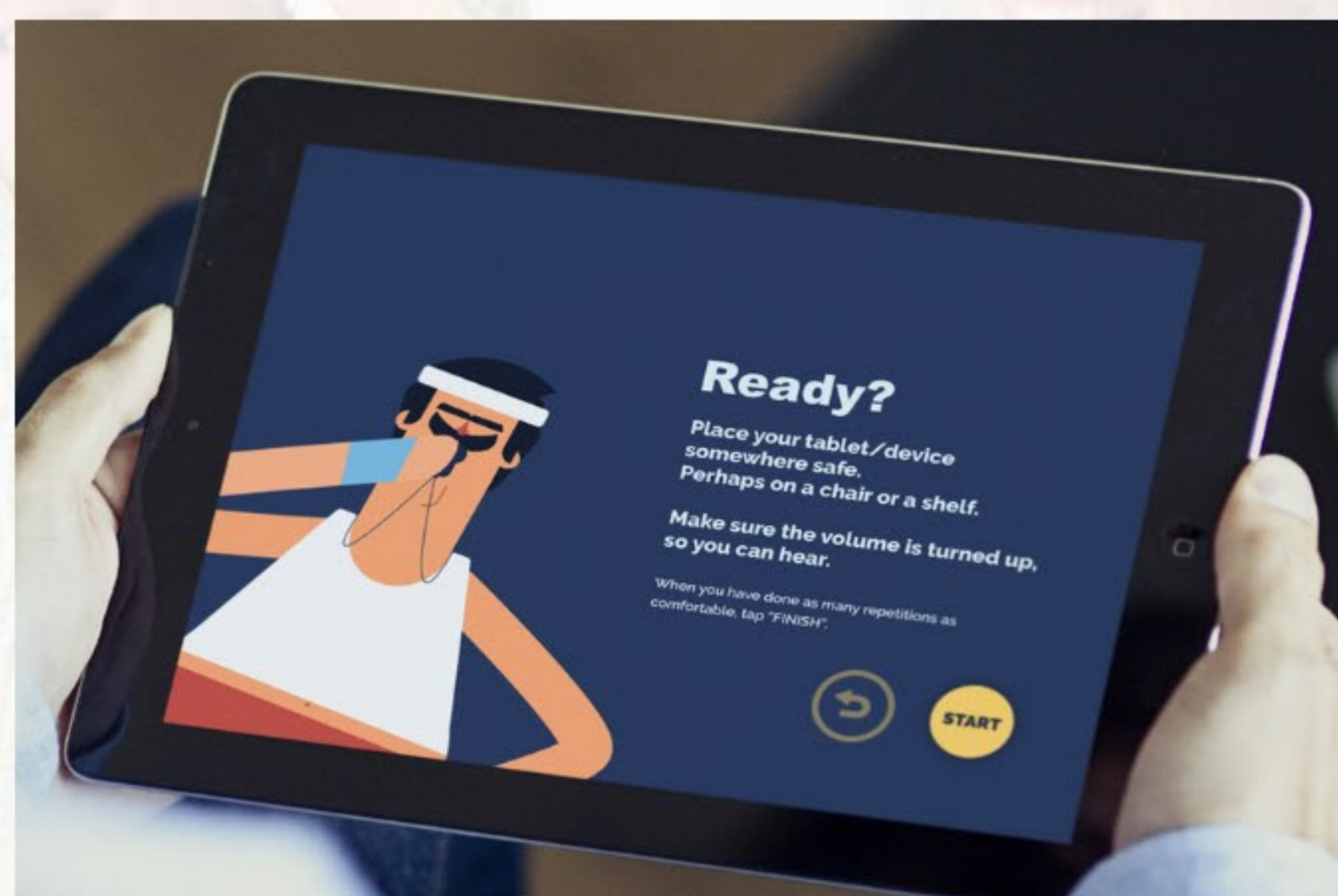




Falls are not inevitable. They can be prevented with exercise...

'Keep On Keep Up' (KOKU) is a digital app aimed at improving your **strength** and **balance** to decrease the risk of falling. Starting with light seated exercises that gradually increase in difficulty, it is a great way to **keep active** whilst **having fun** and **meeting new people**.



If you are **over 60** and want to maintain your **independence**, please get in touch to find out how you can join one of our weekly **KOKU groups** (sessions are free however places are limited). For more information please contact CareLink on

01782 810320 or email
carelink@saltbox.org.uk