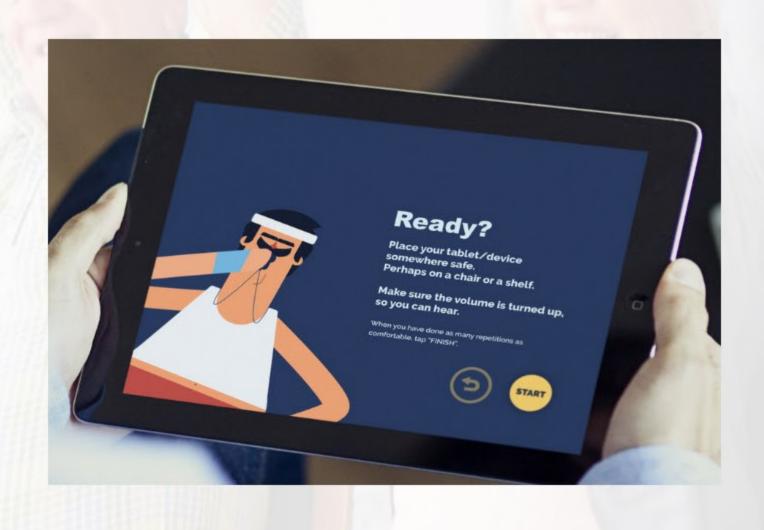




Falls <u>are not</u> inevitable. They can be prevented with exercise...

'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

CareLink, Bemersley House, Gitana Street, Hanley, Stoke-on-Trent, ST1 1DY T: 01782 810320

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**Strengthening Our Communities**