



Staying Fit for the Future with “Better Balance Better Bones”

A physical activity programme to improve your strength and balance .This programme is suitable for adults who walk independently and want to stay strong on their feet and falls free for life.

The Better Balance Better Bones programme includes an aerobic warm up and a series of exercise to challenge and improve your balance, joint and muscle range of movement, flexibility, bone strength and muscle power. These exercises have been researched and proven to improve participant’s ability to stay strong and steady on their feet.

Skibbereen Sports Centre	Mary Kelleher Tue 8 th Jan @ 12pm & 3pm
Durrus Philip Green Hall	Deirdre Ni Challanain Tue 22 nd Jan 11am
Balineen - BEDA Hall	Norma Mulcahy Wed 23 th Jan 10am
Kinsale - Saile Sports Centre	Alison Chambers Thurs 24 th 10.30am
Dromtarriffe Community Hall	Catherine O Reilly Tues 22 nd @11.30
Donoughmore Sport Hall	Shirley Lankford Mon 21 st @11.30
Buttevant - Muintir Na Tire Hall	Catherine O Reilly Wed 23 rd @11.30
Fermoy Youth Centre	Shirley Lankford Thurs 31 st @9.45 @10.45
St Finbarr’s GAA Club (Cluster Blackrock,Mayfield & St Finbarrs)	Kieran O Byrne Thurs 24 th @10am or @11am
Ballintotis Community Centre	Bridget Liston Monday 21 st Jan 9.30am
Bandon Town Hall	Alison Chambers Thurs 24 th Jan 12.30am



Kilmurry - Independence Museum	Norma Mulcahy Thursday 31 st Jan 6pm & 7pm
Clonakilty GAA Hall	Norma Mulcahy Wed 23 rd @11.30
Ballinscarthy Community Hall	Norma Mulcahy Tue 29 th @10.30
Whitechurch Waterloo Community Centre	Catherine O Reilly Thurs 24 th @11.30
Midleton GAA Hall	Pamela Barry Thurs 31st Jan 9.30am
Cobh Community Centre	Trevor Cummins Friday 1 st Feb @12.15 Monday 11 th Feb @ 12.15pm
Ballinspittle Community Centre	Alison Chambers Thursday 31 st Jan @ 2.00pm
Churchfield	Shane Mooney Friday 1 st Feb @ 2.00pm
Castletownbere	Pam Fiorito Wednesday Feb 6 th 3.00pm
Woodview Drive Community Centre Mallow	Shirley Lankford Monday 28 th January @ 9.45am
Lehanamore Community Centre Castletownbere	Pam Fiorito Wednesday Feb 6 th @ 11.30am
Newmarket	Catherine O Reilly Tuesday Feb 5 th @ 1.15pm

These weekly classes will be delivered over 8 weeks by exercise professionals who have been trained by HSE Physiotherapists in the Better Balance Better Bones programme.

- ❖ The duration of the course is **8 weeks and each session is 1hr in length.**
- ❖ **Pre Booking is essential. To book a place on one of the programmes listed or to find out more, please contact Cork Sports Partnership on 021-4347096 or email admin@corksports.ie**