

MSK Health Related Education Sessions

Presented by
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First Contact Physiotherapy Team

**ALL WELCOME
NO BOOKING REQUIRED**

*For more details, please scan the
QR- code or call 01942 482522.*

Topics

- Exercise for the ageing population
- The management of back pain
- Osteoarthritis
- Resistance Based Exercise
- Exercise with Diabetes
- Exercising with Comorbidities
- Falls Prevention and Exercise

