



# MSK Health Related Education Sessions

Present by Leigh PCN First Contact Physiotherapy Team

## Time & Location

*Start Time 1:00 pm*

*End Time 2:00pm*

*Location Leigh Leisure Centre, WN7 4JY*

## Topics & Dates:

### **Exercise with diabetes**

*Explore the connection between diabetes and musculoskeletal health. Help prevent long-term issues and improve your quality of life.*

**Date: 23rd of September 2025**

### **Exercising with comorbidities**

*Discussing common health conditions and how to exercise with them. Health conditions covered: COPD, hypertension, diabetes and high cholesterol.*

**Date: 14th of October 2025**

### **Resistance based exercise**

*Reasons for resistance training, benefits to you physically and mentally.*

**Date: 28th of October 2025**

### **Falls prevention and exercise**

*How to reduce risk of falling and reasons to improve your strength, balance and flexibility.*

**Date 11<sup>th</sup> of November 2025.**

### **The management of back pain**

*Causes of different types of back pain you may experience and how best to manage this.*

**Date: 25th of November 2025**

### **Exercise for an aging population**

*Reasons to exercise, benefits to you physically and mentally, how best to exercise as we age*

**Date: 9th of December 2025**

***All welcome no booking required.***

***Our contact number is 01942 944890***

