

activeNoW

Supporting people in Norfolk and Waveney to be more active

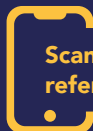
Do you work with people who are at risk of falls?

Active NoW is the physical activity referral programme for Norfolk and Waveney.

The service is now accepting referrals for those who are at an increased risk of a fall. It's a great way for people with mobility concerns to move more and improve their strength, flexibility, and balance.

Our Active NoW team will:

- Provide a range of activities
- Tailor a programme based on levels of mobility
- Support the people with their movement journey



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referring

improvinglivesnw.org.uk/active-now