

Exercise classes –Apr 2022

(Free for people living, working or studying in Kingston or belong to Kingston GP Surgery)

Osteoporosis Class (12 weeks- Weight bearing, Strength & Balance)

St. John's Church, Malden Road, KT4 7NY
Starting 25th Apr 2022, Mondays 18.00-19.00pm.

If you have been diagnosed with osteoporosis or osteopenia or at risk of developing them. Some risk factors include - A broken bone after a minor bump or fall, family history of hip fracture or osteoporosis, early menopause (before 45), rheumatoid arthritis, Cancer, regularly taking corticosteroid tablets, smoking, or consuming more than 3 units of alcohol per day.

Osteoarthritis Knee Class (12 weeks- Exercise and Education)

New Malden Library, Kingston Road KT3 3LY
Starting 26th Apr 2022, Tuesdays 10.30-11.30am.

If you have been diagnosed with osteoarthritis in your knee.

Zoom Strength and Balance Class (10 weeks if enough interests only)

Starting 27th Apr 2022, Wednesdays 10.30-11.30am

Anyone who is in need of full body strength and balance workout.

Please let us know:

If you are unable to attend these sessions but interested in future sessions (face to face or online as we are planning on alternating the sessions each term).

Places are limited. Please register by contacting us on

Tel: 0300 123 8086

Email: swlccg.betterbones@nhs.net

Information Sessions (May-July 2022)

(free for anyone interested, out of borough clients, families and friends welcome)

No need for advance booking, just turn up on the day

Self Management in Osteoarthritis: 13 May (10.30-12.00) 192 Tudor Drive, Kingston KT2 5QH

Learn about osteoarthritis and how to look after your joints using lifestyle factors.

Osteoporosis and Bone Health: 23 May (17.30-19.30pm). St. John's Church, 411 Malden Road KT4 7NY

Learn about how to manage or prevent osteoporosis. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

Physical Activity: 10 June (10.30-12.00), 192 Tudor Drive, Kingston KT2 5QH

Learn about Physical activity and the type and amount of activities we need to do to maintain our health and wellbeing. Also learn about simple exercises to do at home

Bone Health: 8 July (10.30-12.00) 192 Tudor Drive, Kingston KT2 5QH

Learn about how to look after your bones. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong.

Please let us know (0300 123 8086 or swlccg.betterbones@nhs.net): If you are unable to attend these sessions but interested in future sessions (face to face or online).