

Balance & Build

A group exercise class focussed on rebuilding strength and balance and improving mobility

What to expect...

- **Structured exercise** circuit to improve **strength and balance**
 - Adaptable exercises with **graded** options to suit individual abilities
 - **Education session** at the end of each class
 - Individualised **home exercise programme**
 - **Assessment** completed at the start and end of the programme to measure **progress**
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8 x weekly group sessions PLUS 2 x 1:1 sessions



info@headwaylondon.org.uk
for more info



Headway London
Timber Wharf, 238-240
Kingsland Rd, E2 8AX



Sessions will be led by neurophysiotherapist Catherine Fussell
and assisted by qualified Personal Trainer Lewis Unwin



Catherine is a highly specialist physiotherapist who has worked in neurology since 2010. She has a particular clinical interest in upper limb rehabilitation and spasticity management. She also enjoys supporting people to get back to regular physical activity and problem solving any challenges around this.



Lewis has been working as a qualified personal trainer for 10 years. He has lived experience of brain injury and is keen to widen his skills in helping people with ABI and other neuro conditions get back to exercise. In his spare time, Lewis is a keen power lifter.