

Improve your wellbeing at Belong Atherton



Did you know, at **Belong Atherton we have
an award-winning exercise service?**

The service plays a vital role in supporting customers and members of the wider community, to maintain their mobility and independence for as long as possible.

“My mother has had the privilege of going to the gym and as a result, she has gained movement. This is down to the dedication of the personal trainer.”

Exercise & rehabilitation service

The village has a specialised gym which is run by a highly qualified Exercise Specialist who has experience working with older people.

All Belong gyms are equipped with adapted exercise equipment and the very latest software, harnessing virtual reality to support rehabilitation.

Benefits include:

- Falls prevention
- Improving balance
- Maintaining independence
- Specialised rehabilitation
- Dementia specialist support

One-to-one sessions and discounted rates are available for Belong apartment customers



Call us today to start your wellbeing journey with Belong

Tel: 01942 898 410



www.belong.org.uk

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