

# STEADY STEPS+

LET'S  
GET  
MOVING

## AN EXERCISE PROGRAMME TO HELP DEVELOP STRENGTH AND BALANCE

1 Are you  
over 65?

2 Do you feel  
unsteady on  
your feet?

3 Would you like  
to improve your  
balance?

4 Have you previously  
fallen or worry  
about falling?

Price  
£3

### SESSION DETAILS

Every Friday

1.30pm - 2.30pm

The Spital, Castle Donnington

SESSION LENGTH: 1 hour

BOOKING IS ESSENTIAL

For more information and to book  
your place please contact:

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Find out more at: [active-together.org/steadysteps](http://active-together.org/steadysteps)

OR SCAN  
HERE

