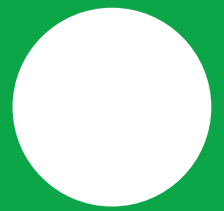


Steady Steps Plus



A rejuvenating exercise programme helping to develop strength and balance

Are you over 65?

Do you feel unsteady on your feet?

Have you previously fallen or worry about falling?

Would you like to improve your balance?

SESSION DETAILS

SESSION LENGTH: 1 hour

BOOKING IS ESSENTIAL

For more information and to book your place please contact:

NAME

EMAIL

TELEPHONE

www.lrsport.org/steadysteps



Better care together
Leicester, Leicestershire & Rutland health and social care



LEICESTER-SHIRE & RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING



To face the challenges we see in Leicester, Leicestershire and Rutland and to deliver our plans to meet them, health organisations have created Better Care Together - a Sustainability and Transformation Partnership (an STP). The partnership is working closely with local authorities too.