

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

1.00pm - 2.00pm

Hugglescote Community Centre

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

OR SCAN
HERE

