

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?



SESSION DETAILS

Starting Wednesday 31st January 2024

Location: The Oak Centre Bendbow Rise, Leicester LE3 1QA

Time: 11:30am-12:30pm

24-Week Programme: Pre booking is required as spaces are limited

SESSION LENGTH: 1 hour

BOOKING IS ESSENTIAL

For more information and to book your place please contact:

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free of charge

Find out more at: active-together.org/steadysteps

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HERE

