

# 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

Location: Leicester Leys Leisure Centre

Start date: Friday 22<sup>nd</sup> November.

Time: 2:30pm-3:30pm

SESSION LENGTH: 1 hour

BOOKING IS ESSENTIAL

For more information and to book your place please contact:

NAME Live Well

EMAIL SteadySteps@leicester.gov.uk

TELEPHONE 0116 454 4000

free of charge

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

OR SCAN  
HERE

