

## STEADY STEPS

**Are you, or someone you know worried about falling?**

**Are you finding it difficult to manage stairs  
or get out of low chairs?**

**Are you worried about losing you independence?**

As we get older, changes in our muscles and joints can make us at risk of falling or losing our independence.

**It doesn't have to be like this.**

We are offering an exercise class run by an experienced physiotherapist to help you to:

- **Improve your mobility**
- **Improve your strength and co-ordination**
- **Increase your confidence in everyday tasks like managing stairs**

If you are interested in joining 'Steady Steps', our friendly group of likeminded people keen to stay independent and functional and enjoy life to the full, then please either phone or email to find out more.

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