

Steady Steps

FREE OF
CHARGE



**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

Location: Groby Village Hall
Day: Tuesday
Time: 12:30pm until 2pm
Address: 32 Leicester Road, Groby, LE6 0DU

Starts Tuesday 17th September 2019

Don't worry if you miss the start date, you can
still join the course within the first 6 weeks

SESSION LENGTH: 1.5 hours

DURATION: 24 weeks

BOOKING IS ESSENTIAL

Multiple applications and to book your place please contact

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www.lrsport.org/steadysteps



Better care together

Leicestershire & Rutland Local Authorities



The City of Leicester
Council

To face the challenges we face in Leicestershire, Leicestershire and Rutland and to realise our vision to meet (with) health organisations, we've created Better Care Together - a Sustainability and Collaboration Partnership (a BCTP). The partnership is working closely with local authorities.