

## STEADY ON YOUR FEET

A FREE 24-week community exercise programme led  
by specialist instructors. STARTS 24<sup>th</sup> JULY

## BIDEFORD POLLYFIELDS COMMUNITY CENTRE

MONDAYS 1.30 – 3PM

*An opportunity to enjoy a hot drink and a chat is included*

Feel stronger • Build resilience • Improve balance & stamina  
Learn to get up from the floor • Enjoy greater independence

For more details ring 07900 041258  
email: [info@vistawellbeing.org.uk](mailto:info@vistawellbeing.org.uk)

OR SCAN THE QR CODE BELOW

