

one northern devon

STEADY ON YOUR FEET

A FREE 24-week community exercise programme led by specialist instructors. STARTS 15TH SEPTEMBER

TORRINGTON CASTLE COMMUNITY CENTRE

FRIDAYS 10.30 - 12

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

OR SCAN THE QR CODE BELOW



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WELLBEING



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YOUR FEET

NHS

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