

STEADY ON YOUR FEET

A FREE 24-week community exercise programme led by specialist instructors. STARTS 3rd November

HOLSWORTHY MEMORIAL HALL

FRIDAYS 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

OR SCAN THE QR CODE BELOW

