

STEADY ON YOUR FEET

Steady On Your Feet Falls Management Exercise (FaME)
**A FREE 24-week community exercise programme led
by specialist instructors.**

WESTWARD HO! BAPTIST CHURCH HALL

FRIDAYS 10.30 – 12 NOON

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

Visit: <https://tinyurl.com/mrya76wm>

email: info@vistawellbeing.org.uk

OR SCAN THE QR CODE BELOW

