

STEADY ON YOUR FEET

A FREE 24-week community exercise programme led by specialist instructors. STARTS 28th JANUARY

ILFRACOMBE SALVATION ARMY HALL

TUESDAYS 2 – 3.30 pm

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://www.vistawellbeing.org.uk/steady-on-your-feet-2/>
email: info@vistawellbeing.org.uk

OR SCAN THE QR CODE BELOW



ALL TOGETHER, MORE SUPPORT



FUNDED BY THE NHS