

## STEADY ON YOUR FEET

A FREE 24-week community exercise programme led by specialist instructors. STARTS 31<sup>st</sup> JANUARY

# WESTWARD HO! BAPTIST CHURCH HALL

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

Visit: <https://www.vistawellbeing.org.uk/steady-on-your-feet-2/>  
email: [info@vistawellbeing.org.uk](mailto:info@vistawellbeing.org.uk)

OR SCAN THE QR CODE BELOW



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