

# Steady Steps

FREE OF  
CHARGE



## A rejuvenating exercise programme helping to develop strength and balance

Are you  
over 65?

Do you feel  
unsteady on  
your feet?

Have you  
previously  
fallen or worry  
about falling?

Would  
you like to  
improve your  
balance?

### SESSION DETAILS

Location: Herford Way Community Centre  
Day: Monday  
Time: 1.30pm until 3pm  
Address: Herford Way, Burbage, LE10 2QT

**Starts Monday 21<sup>st</sup> October 2019**

Don't worry if you miss the start date, you can still join the course within the first 6 weeks

**SESSION LENGTH:** 1.5 hours

**DURATION:** 24 weeks

**BOOKING IS ESSENTIAL**

For more information and to book your place please contact:

**NAME** Liz Causon

**EMAIL** liz.causon@hinckley-bosworth.gov.uk

**TELEPHONE** 01455 255870

[www.lrsport.org/steadysteps](http://www.lrsport.org/steadysteps)



**Better care together**  
Leicester, Leicestershire & Rutland health and social care



**LEICESTER-SHIRE  
& RUTLAND SPORT**  
PHYSICAL ACTIVITY & WELLBEING



Hinckley & Bosworth  
Borough Council

To face the challenges we see in Leicester, Leicestershire and Rutland and to deliver our plans to meet them, health organisations have created Better Care Together - a Sustainability and Transformation Partnership (an STP). The partnership is working closely with local authorities too.