

# 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: Groby Village Hall  
Day: Tuesday  
Time: 12:30pm until 2pm  
Address: 32 Leicester Road, Groby, LE6 0DJ

**Starts Tuesday 17<sup>th</sup> September 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:

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



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.