

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: Markfield Community Centre
Day: Tuesday
Time: 10:30am until 12noon
Address: Mayflower Close, LE67 9ST

Starts Tuesday 29th 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:

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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.