

# 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?

Coming to a Location  
near you soon – if you  
are interested please let  
us know as location is  
based on demand.

**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)



**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.