



Stay Strong Stay Steady

Rebuild your muscle strength

Improve your balance

Reduce your risk of falls

Stay confident, maintain your independence

- **Have fun**
- **Enjoy life!**

Stay Strong Stay Steady classes are available across the county

Venues include:

Bridgwater	- West Bow House, Homes in Sedgemoor
Taunton	- Kilkenny Court, Taunton Deane Housing
Wellington	- Lodge Close, Wellington, TD Housing
Williton	- Danesborough View, Magna Housing
Yeovil	- Malmesbury Court, Yarlington Housing
South Petherton	- Pitway Community Room, Yarlington

Qualified instructors run the classes using an evidence based programme which reduces falls, improve balance, strength and confidence

~ **Classes open to everyone wherever you live** ~

Please complete and return the attached health questionnaire or contact Dianne Ramsay for more information about how to join a class

Phone: 01823 345626
email: dianne.ramsay@ageuksomerset.org.uk



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