



# Would you like to improve your balance?

Had a fall? Afraid of falling?  
Balance problems? Osteoporosis?

Our Staying Steady falls prevention programme is FREE, lasts 20 weeks, and is delivered at a range of locations across Gateshead.

To participate, you must be:

- in control of any long term health conditions you may have
- able to mobilise independently (one or two sticks acceptable)
  - capable of standing exercise for a minimum of 5 minutes
  - able to make your own way to the classes

**New classes begin October 2019.  
Please ring 0191 438 1721 to  
reserve your place.**