



Improve your strength, balance, and confidence!

Our Staying Steady 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**
- **able to mobilise independently (or with 1 or 2 sticks)**
- **capable of standing exercise for a minimum of 5 minutes**
- **able to make your own way to the classes**

CLASSES STARTING SOON!

To reserve your place, please ring 0191 438 1721 or email getinvolved@gatesheadopa.org.uk

