



# Strong and Steady

**Improve your balance.  
Rebuild your muscle strength.  
Stay confident and mobile.  
Have some fun!**

**For more information, please contact Age UK Somerset.  
We want to help you to stay independent as you get older.**

You will need to complete a short health questionnaire before starting your class. The cost is £4.00 per session.

[fallsprevention@ageuksomerset.org.uk](mailto:fallsprevention@ageuksomerset.org.uk)

**01823 345614**

[www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

