

Improve your balance Rebuild your muscle strength Stay confident...stay independent... Have some fun!

"Stay Strong, Stay Steady" classes in Somerset

For more information, please contact Dianne Ramsay at Age UK Somerset

Please note: you will need to complete a short health questionnaire before starting your class.

01823 345626

WWW.SOMERSET.GOV.UK

SOMERSET County Council

email: ageingwell@ageuksomerset.org.uk