



Staying Steady



GATESHEAD
OLDER PEOPLE'S
ASSEMBLY

FREE Exercise Classes

Come and join our Staying Steady programme for people who have had a fall, have a fear of falling, have problems with balance, or have osteoporosis. Exercises will help to improve strength, balance and mobility.

Staying Steady is a 20 week course with start dates throughout the year.

The course is being held at various locations across Gateshead.

Is the class right for me?

In order to take part in the classes you should:

- Be in control of any long term health conditions you may have.
- Be able to either mobilise independently, with a stick or with two sticks.
- Be able to carry out standing exercises for a minimum of 5 minutes.
- Be able to make your own way to the classes.



For more information:

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