



Steady As You Go

Do you feel unsteady on your feet?

Would you like to join a fun, gentle exercise group that can help improve your balance and reduce your risk of falls?

Steady as You Go is a falls and balance group run by an Inspiro physiotherapist and allied health assistant in partnership with Yarra Ranges U3A.

This group can help you regain your confidence to walk safely and live independently for longer.



2018 Dates: **Tuesdays**

Physio assessment required before commencing.

Time: **9:30am - 11:00am**

Location: **Yarra Ranges U3A
Lilydale Court House
61 Castella Street**

Cost: **\$10.00 payable once for physio assessment
\$50 annual U3A fee (covers all Yarra Ranges U3A
courses for the year)**

What to bring: **Footwear appropriate for exercising, drink bottle.**

For more information call Inspiro on 9738 8801.

