

Better  
balance  
for *life*

*Steady* **AND**  
**Strong**

**Thursdays**  
**11.30am - 12.30pm**  
The Phoenix Centre  
(this class will involve 10  
minutes of floor work)

**Every Saturday**  
**10am - 11am**  
The Phoenix Centre  
Pilgrims Way,  
Andover  
SP10 5HW

These sessions are suitable for older people who are unsteady and will help them to undertake their normal daily routines and improve their balance.

The classes cost £3.00 per session (first session free).

To find out more information about the exercise classes, please call:

**Laura Blake (Test Valley Borough Council) 01264 368831**

Supported by

