

Better  
balance  
for *life*

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

**Tuesdays**  
**10.15-11.15am**  
Wakeford Court  
Cressey Road  
Romsey

**Thursdays**  
**2.30pm – 3.15pm**  
Gainsborough Court  
Wills Avenue  
North Baddesley

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 £3.50 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

