

# BE STEADY BE SAFE



**An exercise class to improve your balance, mobility and strength, reducing the risk of falling, improving overall wellbeing.**

**CLASSES ARE AVAILABLE ACROSS CHESHIRE EAST**

£4.00 per session  
Membership options available



To find out more please contact Everybody Healthy on

**Telephone: 01270 685589 or  
Email: EBHealthy@everybody.org.uk**

[www.everybody.org.uk](http://www.everybody.org.uk)



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