

Steady As You Go[©]

Developed by Age Concern Otago

*'A much loved, community based, peer-led class for falls prevention.
There are 4 options in Lower Hutt. Come and join us!'*

Monday 3pm at The Dowse Art Museum *starts June 11

Wednesday 10.30am at Wainuiomata Marae

Wednesday 12pm at Eastbourne Community Hall

Thursday 1pm at War Memorial Library

DID YOU KNOW!

- 1 in 3 people aged 65+ fall each year
- Falls can lead to significant loss of mobility & quality of life
- Falls are not a natural part of ageing, they are **PREVENTABLE!**

SAYGo improves:

- Balance & leg strength*
- Flexibility
- General fitness & wellbeing
- And is a great way to meet new people

*SAYGo participants show improved strength & balance when comparing three simple tests carried out in Week 1 & Week 10.

Enquiries and bookings:
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