

# 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 130pm at Walter Nash Centre, Taita**

**Tuesday 11am at Koraunui Stokes Valley Hub**

**Wednesday 12pm at Eastbourne Community Hall**

**Wednesday 12pm at Walter Nash Centre, Taita**

**Thursday 11am at Bob Scott Retirement Village**

**Thursday 1pm at Koraunui Stokes Valley Hub**

## 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.

**\$2 or koha per class, 60min classes**

*Enquiries and bookings:*

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