



Worried about falling?

If you are worried about your balance, or have experienced a fall, *Stay Strong and Steady* can help you regain confidence and stability.

Stay Strong and Steady is a free introductory exercise and information programme. Designed specifically for older adults who are concerned about their balance, it will help to reduce the risk of falls, make everyday tasks easier and support you to remain independent.

In collaboration with

MOVE
Together



“This came at a very opportune time for me as I had just had a fall and my confidence was knocked. The course literally helped me get back on my feet and increase my confidence in moving.”

A participant of the Stay Strong and Steady pilot

Accessible in person at community-based classes, online via Zoom or through an at-home programme, all options provide:

- Strength and resistance exercises, which are beneficial for muscle, bone and joint health and help to make everyday tasks easier.
- Balance exercises, which help to reduce the risk of falls and improve posture.
- General information and discussion to support you to stay strong and steady on your feet.

We will focus on your needs to identify the right option at the right time for you.

After the initial programme, we can discuss the options available to help you remain active, including opportunities provided by us or countywide physical activity programme Move Together.

If you feel **Stay Strong and Steady** could benefit you or someone you know, please contact us.

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