



**AGE
CONCERN
CANTERBURY**

He Manaakitanga
Kaumātua Aotearoa

Falling over is not a natural part of ageing

Falls are often preventable!

Steady As You Go (SAYGo) Falls Prevention Exercise classes improve your:

✓ Balance ✓ Mobility ✓ Strength ✓ General Fitness ✓ Wellbeing

New Zealand studies show that over 65s have a 1-in-3 chance of a serious fall each year, while over 80s have a 1-in-2 chance. Reduce your likelihood of falling by coming along to a Steady As You Go (SAYGo) class.

Come to a weekly community based Falls Prevention Class

Wairakei Road Bible Church, 392 Wairakei Road.

Tuesdays, 1.00pm starting on 22nd August 2023.

No need to book - just come along. Koha of \$2.00.

Classes are weekly, 1 hour long, fun, easy and at your pace.

Exercises are seated and standing with a little walking.



**For more information phone Anna Tillman,
Age Concern Canterbury Health Promoter at Age
Concern Canterbury on 03 331 7811.**