



# Steady and Stable

**An evidence based exercise programme to help improve balance, strength and coordination to reduce falls.**

The sessions are taking place remotely with the option to participate through Zoom video or over the telephone.

“The classes have made a difference to my confidence and now when I stumble, due to my Parkinson’s, I am more able to catch myself and stop myself falling to the ground.” (Mr MP, 73 years old)

## Is it for me?

Steady & Stable is for anyone over 50 who:

- Lacks confidence when walking
- Feels wobbly on their feet
- Has a history of falls
- Has a fear of falling
- Would like to improve balance



“These well balanced classes have greatly helped my physical abilities and confidence. I find it very helpful knowing what we are working on and why.” (Miss AW, 80 years old)

The programme is available to residents living in Westminster, Kensington & Chelsea and Hammersmith & Fulham.

You can self-refer or be referred by a health professional.



**To enquire, or to arrange your initial assessment  
contact Shanie.**

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