



# Steady As You Go<sup>©</sup>

Quaker Meeting Rooms, 7, Moncrieff Street  
Mount Victoria. Commencing Monday 24th  
September, at 11.00 a.m.



*Serving the needs of older people*



- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries

## SAYGo improves:

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

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes

Classes are one hour each week, \$2 per class

## Please Join Us!

### ENQUIRIES & BOOKINGS

Ann Dalziel

Age Concern Wellington

4996646

communitysup@acwellington.org.nz