



# Keep balanced and well



If you are feeling less steady on your feet or maybe finding it harder to rise from a chair or use stairs...

A Wellbalanced course may be suitable for you

Get in touch today on  
**01444 657099**

Email: [info@wellbalancedprogramme.co.uk](mailto:info@wellbalancedprogramme.co.uk) Web: [www.wellbalancedprogramme.co.uk](http://www.wellbalancedprogramme.co.uk)



*adur & worthing wellbeing*

Programme managed by  
AHS Wellbeing on behalf  
of Adur & Worthing Councils