



# 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)



The Wellbalanced Programme is delivered by AHS Wellbeing on behalf of Chichester Wellbeing



## A Wellbalanced course may be suitable for you if you...

- are feeling less steady on your feet
- are finding it harder to rise from a chair, or to use the stairs
- have been referred by a GP, Healthcare Worker or other professional

As we get older, muscles naturally start to lose strength. Everyday tasks such as rising from a chair or walking outside alone, can become more of a challenge.

A strength & balance exercise programme can help you to keep strong and steady and help prevent a fall. Wellbalanced offers low cost exercise courses, at the right level for you, for anyone who wants to feel more steady and confident on their feet.

Our Wellbalanced instructors are qualified and experienced in Postural Stability and Falls Prevention - give us a call to find out more.

Wellbalanced is managed by AHS Wellbeing in partnership with Chichester Wellbeing for people who live or work in the area.



Get in touch today to find out how you can be referred onto a Wellbalanced course

**Tel:** 01444 657099

**Email:** [info@wellbalancedprogramme.co.uk](mailto:info@wellbalancedprogramme.co.uk)

**Web:** [www.wellbalancedprogramme.co.uk](http://www.wellbalancedprogramme.co.uk)