



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 Web: www.wellbalancedprogramme.co.uk



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