

STRONG & Steady



Starts
Tuesday 6
September
2022

Tuesdays 10.30 to 11.15am
Stokesley Leisure Centre £4 per session

What are Strong and Steady sessions?

The sessions aim to improve the strength, balance and walking capabilities of participants and those who feel unsteady on their feet when walking. Sessions are suitable for people with mobility issues, aged 65 years or above who are able to walk short distances but may struggle with stability and/or have low levels of strength and balance. Sessions are led by a qualified Otago instructor.

For further information please contact Hambleton District Council on **01609 779977** or email **communities@hambleton.gov.uk** or to book, contact Stokesley Leisure Centre on **01642 711140**.

HAMBLETON
DISTRICT COUNCIL