



Falling over is not a natural part of ageing

Falls are often preventable!

Steady As You Go (SAYGo) Falls Prevention Exercise classes improve your:

Balance Mobility Strength General Fitness Wellbeing

New Zealand studies show that over 65s have a 1-in-3 chance of a serious fall each year, while over 80s have a 1-in-2 chance.

Reduce your likelihood of falling by coming along to a Steady As You Go (SAYGo) class.

Come to a weekly community based Falls Prevention Class

On Wednesdays at 1.30pm at

Community Care Lincoln,

16 Lyttelton Street, Lincoln (*behind the library*)

\$2.00 donation per class please.

No need to book - just come along.

Classes are weekly, 1 hour long, fun, easy and at your pace.

Exercises are seated and standing with a little walking.



There are other SAYGO classes running around Canterbury.
For more information see www.ageconcerncan.org.nz
or call Age Concern Canterbury on 366 0903