

# Strong and Steady

**LIVE STRONGER FOR LONGER**

IF YOU ARE AGED 65+, LIVE IN DERBYSHIRE AND HAVE SOME DIFFICULTY MOVING AND WALKING, OUR NEW STRONG AND STEADY PROGRAMME IS FOR YOU!

Our intensive strength and balance programme offers a FREE 24 week programme of exercise (PSI) to improve your strength and balance with fun activities to help you make the most of life. A place on the programme includes a period of free transport and sessions include activities, refreshments and all equipment. Strong and Steady could change your life and help you Live Stronger for Longer.



We have classes all around Derbyshire, your nearest is:

**Buxton**

Contact 01773 766922 or fill out a referral form here:  
[www.ageuk.org.uk/derbyandderbyshire/lisfl-referrals](http://www.ageuk.org.uk/derbyandderbyshire/lisfl-referrals)



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