



Be Steady Be Safe

Falls Prevention Programme

Monday

9.45am-10.45am and 11.00am -12.00pm

Be Steady Be Safe is a FREE 24 week programme, consisting of balance retraining exercise classes, prescribed home exercise and education on reducing falls risk factors.

To access the programme you must be a:

- Cheshire East Resident
- Aged 65 years and over

Have one or more of the following:

- Fallen in the past 12 months
- Poor balance and strength
- Osteoporosis

**If you are eligible, telephone 01625 383943
or email EBHealthy@everybody.org.uk**

Be Steady Be Safe Exercise Class Timetable

Town	Day	Time	Venue
Sandbach	Monday	09.30 - 10.30 11.00 - 12.00	Union Street Community Centre, Union Street, Sandbach, CW11 4BG
Poynton	Monday	10.00 - 11.00	Poynton Civic Hall, off Park Lane, Poynton, SK12 1RB
Handforth	Monday	10.30 - 11.30	Oakmere, Spath Lane, Handforth, SK9 3NS
Macclesfield	Tuesday	10.00 - 11.00 11.15 - 12.15	Harry Lawson Court, Crewe Avenue, Hurdsfield, Macclesfield, SK10 2RZ
Alsager	Wednesday	09.30 - 10.30	Alsager Civic, Lawton Road, Alsager, ST7 2AE
Congleton	Wednesday	11.00 - 12.00	Congleton Leisure Centre, Worrall Street, Congleton, CW12 1DT
Nantwich	Wednesday	09.30 - 10.30 11.00 - 12.00	Mill House, Queens Drive, Nantwich, CW5 5JD
Crewe	Wednesday	12.45 - 13.45 14.15 - 15.15	Crewe Lifestyle Centre, Moss Square, Crewe, CW1 2BB
Wilmslow	Thursday	10.30 - 11.30	Chapel Court, Hawthorn Street, Wilmslow, SK9 5EN
Knutsford	Thursday	10.30 - 11.30	Knutsford Civic Hall, Tatton Room, Knutsford, WA16 0PE