

STEADY AS YOU GO[©]

Preventing Falls Exercise
classes are held at the
Fiordland Community House
21 Luxmore Drive, Te Anau



Falls are the most common cause of injury in older people

One third of people over the age of 65 fall each year

Half of people over 80 fall each year

Falls in older people are almost always associated with weakened leg muscles and poor balance

**Falls are not a natural part of ageing
Falls ARE preventable!**



DESIGNED FOR MEN AND WOMEN

SAYGo improves;

- Balance and leg strength
- Flexibility
- General fitness and wellbeing

SAYGo has been shown to provide continuous improvements in strength and balance over time in peer led classes.

Classes are held at the
Fiordland Community
House every week.

Monday 10.00am – 11.00am

Wednesday 10.30am –
11.30am

Friday 10am – 11am

\$1 per session

Enquiries regarding sessions to:

Ilene 249 7344 - Monday session

Pam 249 -7173 – Wednesday session

Ilene 249- 7344 - Friday session