



Keep balanced and well



If you are feeling less steady on your feet or maybe finding it harder to rise from a chair or use stairs...

A Wellbalanced course may be suitable for you

Get in touch today on
01444 657099

Email: info@wellbalancedprogramme.co.uk Web: www.wellbalancedprogramme.co.uk



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AHS Wellbeing in partnership
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of Mid Sussex Wellbeing