



Do you feel  
unsteady  
on your  
feet?

Are  
you over  
65?

# Steady Steps.

## An exercise program to help develop strength and balance

Steady Steps is an 8-week group exercise program for Home Care Package recipients aged over 65 who have experienced a fall or have concerns about falling.

The program is designed to help improve balance and stability and build independence through weekly 45-minute group exercise sessions.

### What do we offer?

- Tailored exercises
- Injury prevention
- Enhanced physical health
- Social connection

### Locations and dates

Steady Steps is delivered from community fitness centres in Kadina. To find out more about our upcoming programs, visit:

[sonder.net.au/steady-steps](https://sonder.net.au/steady-steps)

### Getting started



SCAN ME

Complete our online referral form, available at [sonder.net.au/steady-steps](https://sonder.net.au/steady-steps) or ask your Home Care Provider to make a referral for you.

To speak to a member of the team, email [steadysteps@sonder.net.au](mailto:steadysteps@sonder.net.au) or call (08) 82090710