



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, Gawler and Barossa. To find out more about our upcoming programs, visit sonder.net.au/steady-steps

Getting started



SCAN ME

Complete our online referral form, available at 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 or call (08) 82090710