

SAYGo

Falls are preventable. SAYGo Falls Prevention exercise classes improve your balance, leg strength, flexibility, general fitness and well being.

You can prevent Falls

Steady As You Go (SAYGo) is the exercise class designed to help older people reduce their likelihood of having a fall.

- Simple activities, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and strength.
- Participants feel physically better and more able.
- Class members enjoy being with a social and friendly group of like minded people.

MEETS: Thursdays 10am

VENUE: Waihi Beach R.S.A. Dance Floor

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