



# Be Steady Be Safe

Falls Prevention Classes

Be Steady Be Safe classes, consist of balance retraining exercise classes, prescribed home exercise and education on reducing falls risk factors.

Classes are available across Cheshire East

To find out more please contact Everybody Healthy on  
telephone: 01270 685589 or  
email: [EBHealthy@everybody.org.uk](mailto:EBHealthy@everybody.org.uk)