

Ready Steady Go

Can a Ready Steady Go program help you?

The program is run by a physiotherapist and is aimed at helping you to prevent falls through exercise and self care education.

The program involves:

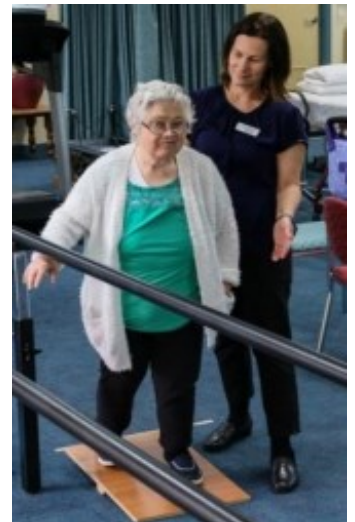
- 60 minutes of group exercise
- 30 minutes of education about the benefits of exercise, managing medications, safe footwear and preventing falls
- An individual assessment by a physiotherapist or exercise physiologist is required before starting

Program Information:

Day/Time: Session 1 - Wednesdays 10:30am to 12:00pm
Session 2 - Fridays 10:30am to 11:30am

Duration: 12 weeks

Venue: Physiotherapy Gym
Sunbury and Cobaw Community Health
12–28 Macedon St, Sunbury



Are you interested?

 Please call **9744 4455** for more information