



# **CRAWLEY FEELING GOOD AND BALANCED PROGRAMME**

**Do you want to be able and stable on your feet?**

- gentle exercise and support •
- if you feel unsteady on your feet •
- if you have had a fall and want to prevent another •
- if you want to improve your confidence to get about more •

To find out more and to book your place,  
contact **Rachel** at **Zest People** on  
**01903 660070** ext **0075**  
or visit [www.zestpeople.co.uk](http://www.zestpeople.co.uk)

**Crawley Wellbeing** on **01293 585317** for further  
information or visit [www.crawleywellbeing.org.uk](http://www.crawleywellbeing.org.uk)

