



Staying Steady:

Hackney's **FREE** community specialist exercise programme.

From **Thursday October 12th** Staying Steady with our partners City and Hackney Carers Centre, will be providing strength and balance training at the **Redmond Community Centre**, set in the tranquil wetlands of Woodberry Down.

We have specialist provision for you if you've been affected by stroke, osteoporosis/ osteopenia, early stage dementia or just feel you have become a little unsteady on your feet.

Targeted exercise can help prevent you from falling. As we age, our muscles weaken and we find ourselves less sure-footed. Strengthening our muscles not only makes you steadier on your feet, but can reduce and even banish years of joint pain.

Along with the strength and balance training at the end of the sessions we will use a different mindfulness meditation each week. These meditations can help you to reduce stress and anxiety. They can also help you to sleep and manage chronic pain.

We will need to contact your GP to make sure you are able to take part in our exercise programme before attending.

Call Anstey on 0330 380 1013 or Sallie on 020 8510 1966



MRS Independent Living



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MRS Independent Living

THE REDMOND COMMUNITY CENTRE Kayani Avenue, Woodberry Down, N4 2HF

THURSDAY OCTOBER 12TH – THURSDAY NOVEMBER 30TH
11am – 12.00pm



The Redmond Centre can be accessed from Green Lanes (buses 141, 341). Entrance to the New River Path via Springpark Drive (next to John Scott Health Centre) or via the West Reservoir Centre (by the Climbing Centre). A shorter route can be taken from Lordship Road/Woodberry Grove (no buses) or via Clapton Park/Amhurst Park (buses 253, 254).

The Centre is about a 5-minute walk from Manor House tube station.



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