

## ‘Ready Steady Go’ Program

‘Ready Steady Go’ is a balance program run by our Physiotherapy and Exercise Physiology Staff at Sunbury Community Health.

It involves:

- 60 minutes of group exercise which aims to improve your balance, strength and confidence.
- 30 minute information session. Learn about the benefits of exercise, managing medications, preventing falls and safe footwear.

### Program Information

**Date:** Wednesday

**Time:** 10:30am – 12.00pm

**Duration:** 10 weeks

**Cost:** \$5 per week

**Venue:** Physiotherapy Gym  
Sunbury Community Health  
12–28 Macedon Street Sunbury



### Are you interested in joining?

Please call Physiotherapy on 9744 9522 for more information.

An assessment is required before starting, to check this is the right program for you.

This program is supported by Australian Government Department of Social Services via the Commonwealth Home Support Program - [www.dss.gov.au](http://www.dss.gov.au)

