

All Saints
Fulham



**OPEN
AGE**

life's just begun



Steady & Stable

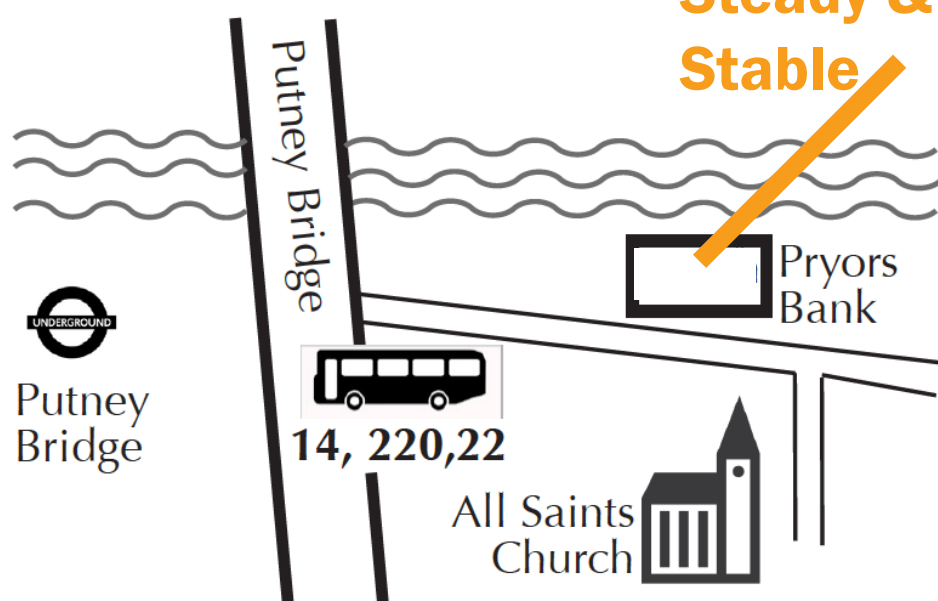
Keep active and mobile

Improve balance and reduce falls

**Where: Pryor's Bank, at the gates to
Bishops Park by Putney Bridge**

**When: Tuesday mornings
(starting Tuesday 12 January
until 9 February)**

**Steady &
Stable**



Time: 10.30am - 11.30am

Cost: Free

More information:

All Saints Church - 020 7736 3264

Elizabeth, Open Age - 02089624141