

Concerned about falling?

You're not alone. Many people share the same concern, and simple steps can make a big difference.

Steady On Your Feet gives you trusted tips, guidance and local support to help you stay safe, steady and independent.



www.steadyonyourfeet.org/staffsstoke

Search **Steady On Your Feet Staffordshire and Stoke-on-Trent** or scan the QR code to find support in your area.

