

# DON'T FALL FOR IT

## Most falls can be prevented

### TAKE THE BALANCE CHALLENGE

If you have any concerns about falling or would benefit from advice on falls prevention, why not come to our open afternoon on Thursday 8th November at 1-3pm.

Get advice, from qualified professionals, on a variety of topics from:

- Falls prevention
- Activity
- Exercises
- Walking aids
- Foot health



f @FallsProgramme

Prevention is always better than the cure.