

REDUCE YOUR RISK OF FALLS

From Awareness to Action



Are you worried about falling, losing confidence when walking, or wanting to improve your balance and strength?

Join us during Falls Prevention Awareness Week for a series of friendly, free, community events designed to help you reduce your risk of falls and live well for longer.

FREE DROP-IN EVENTS:

- No need to book
- Speak with health professionals
- Get practical advice and support
- Refreshments available
- Free goody bag

PLEASE TURN OVER TO SEE WHERE OUR EVENTS ARE TAKING PLACE ►

**FOR MORE INFORMATION,
EMAIL OR CALL US ON:**



OneYouCE@everybody.org.uk



0300 123 5026

VISIT INFORMATION STANDS COVERING:

- Bone Health
- Getting Up From The Floor
- Nutrition & Hydration
- Physical Activity & Lifestyle
- Foot Care
- Handyperson Services / Home Safety
- Blood Pressure Checks

WHEN AND WHERE?

- **Monday 21st September**
10:00am to 12:00pm Crewe Lifestyle Centre
- **Tuesday 22nd September**
2:00pm to 3:00pm Middlewich Methodist Church
- **Wednesday 23rd September**
2:00pm to 3:00pm Handforth Youth Centre
- **Thursday 24th September 11:00am to 1:00pm**
Holmes Chapel Community Centre

WHO CAN ATTEND? THESE EVENTS ARE FOR:

- Anyone who wants to reduce their risk of falling
- People who would like to improve strength, balance or mobility
- Anyone concerned about falls
- Family members and carers
- Health and social care professionals

**SCAN THE QR CODE
FOR MORE INFORMATION**



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