

# Falls Prevention Talk

**Delivered by Amber Mirza  
Falls Prevention Service Age UK RBH**

- Are you at risk of falling?
- Could you identify potential hazards?
- Falls are the number one cause of harm in the over 65 age group and can impact on a person's wellbeing and independence
- Find out about falls, risk assessments and what to look for
- Simple tips to help you
- Answer any questions you may have.

This session will be held in the Conference room at :  
Age UK RBH, 4<sup>th</sup> Floor, 103 Cranbrook Road,  
Ilford, Essex, IG1 4PU

**Tuesday 16<sup>th</sup> September 2pm -3pm**

To book your free place please e mail

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or phone Sue Grant

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