

# Cockermouth Flu & Falls Day

Cockermouth  
Conservative Club,  
5A Main Street,  
CA13 9LE



**Up and About**  
Cumbria standing  
strong against falls

*Falls are not an inevitable  
part of getting older*

*Many falls can be prevented*

*Come along for top tips  
and advice to stay steady*

**Friday 27 September  
10am-2pm**

- Flu vaccinations available to our patients and our Care Coordinator, Anne, will be available with advice and support to help you remain healthy and happy
- The Cockermouth Rehabilitation Team will be on hand to offer advice, walking aid reviews and functional fitness MOT's
- FREE anti slip slippers and other freebies to give away too.
- Refreshments available.
- All welcome.

