

Falls Prevention event

Keswick
Senior Citizens Club
1 Heads Road, CA12
5DF



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

Tuesday
1 October
10am-12noon

- Information and advice on falls prevention
- Top tips goody bags
- Strength & Balance taster sessions
- **FREE** anti-slip slippers
- All welcome

