

# Stop Falls event and Macmillan Coffee Morning

**Seaton**  
Seaton Library, Main  
Street, CA14 1JD



**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

**Thursday**  
**26 September**  
**10am-12noon**

- Information and advice on falls prevention
- Top Tips goody bags
- Strength & Balance Taster sessions
- **FREE** anti-slip slippers
- Coffee & Cakes
- All welcome

