

Flu & Falls event

Workington
Christ Central
Workington,
CA14 3BG



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
24 September
1-5pm

- Flu vaccinations will be available to patients from Workington GP surgeries
- Mini health MOT checks
- Information and advice on falls prevention
- Top tips goody bags
- Strength & Balance taster sessions
- **FREE** anti-slip slippers
- Refreshments available
- All welcome

