

Cumbria Stop Falls event

Silloth
Community
Centre
Petteril
Street,
Silloth
CA7 4EA



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

Monday
23rd September
1-3pm

- Information and advice on reducing fall risk
- Top tips goody bags
- Strength and Balance taster sessions
- Sloppy Slipper exchange- swap your old slippers for new slip resistant ones **FREE**

