ONE YOU CHESHIRE EAST

Delivered by everybody HEALTH & LEISURE

CONCERNED ABOUT FALLING

Take Simple Steps to Stay Independent

Join us for a series of free, drop-in events during Falls Prevention Awareness Week. No booking needed. Just come along.



FIND OUT ABOUT:

- Bone Health
- Getting Up From The Floor
- Nutrition & Hydration
- Physical Activity & Lifestyle
- Foot Care
- Handyperson Services / Home Safety
- Blood Pressure Checks

SCAN THE QR CODE FOR MORE INFORMATION

WHEN AND WHERE?

- **Monday 21st September - 10:00am to 12:00pm** Crewe Lifestyle Centre
- **Tuesday 22nd September - 2:00pm to 3:00pm** Middlewich Methodist Church
- **Wednesday 23rd September - 2:00pm to 3:00pm** Handforth Youth Centre
- **Thursday 24th September - 11:00am to 1:00pm** Holmes Chapel Community Centre

FRIENDLY ADVICE • FREE REFRESHMENTS & GOODY BAG

Everyone welcome whether you're concerned about falls, looking to improve mobility, or supporting someone else, these events are for you.

Working together with:

NHS Central Cheshire Integrated Care Partnership

NHS Mid Cheshire Hospitals NHS Foundation Trust

NHS East Cheshire NHS Trust

STEADY ON® YOUR FEET

Trusted Assessor

Cheshire East Council

everybody HEALTH & LEISURE

CALL US ON:

0300 123 5026