

What others have said:

“Great session, professionally delivered by friendly, caring well-informed staff.”

“Very relaxed learning. I am much more aware of the things that make you fall.”

“I was so frightened after I fell and thought nothing could be done. How wrong I was! So glad I attended.”

“Clear and precise presentation”

“I feel inspired and motivated to restart my exercises to improve my strength and balance”

Additional information:

<https://livestronger.org.nz>

**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES



Nelson Bays Primary Health
281 Queen Street, Richmond
Freephone 0800731317
www.nbph.org.nz

More Stable More Able

Falls Prevention Session



**Nelson
& Tasman**

You may be at risk of falling if:

- You have slipped or tripped in the last 12 months
- You feel unsteady when standing or walking
- You have difficulty getting out of your chair without using your hands

Following a fall you may:

- Worry or fear that you might fall again
- Fell less confident
- Fear losing your independence
- Need to make changes

Did you know ...

- Falls are NOT a normal part of aging
- Many falls can be prevented
- Simple strength and balance exercises can make a big difference

About the session

The free 2 hour session is for anyone concerned about their risk of falling. Information is shared in a relaxed, informal group setting.

Learn strength and balance exercises that you can easily do at home.

Learn about:

- Causes of falling
- Strength and balance community exercise programmes
- Making your home safer
- Maintaining bone strength
- Eating well to stay on your feet



Session details & bookings

The sessions are one-off. They are run monthly and are held in either Richmond, Stoke or Motueka. Morning/afternoon tea is provided.

Please refer to the timetable for session dates and venues or contact Ange for further information.



Contact Details:

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