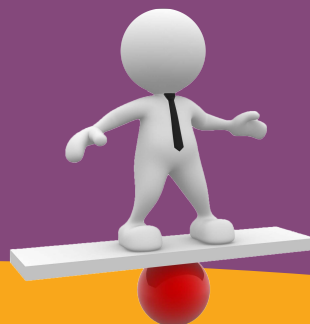


Lets Get Steady Falls Prevention Sessions



**Are you at risk
of falling due
to a long-term
condition?**

**Have you
recently had
a fall?**

**Are you
worried about
falling?**

Free 2½ hour falls prevention sessions are held at venues around the boroughs of Guildford and Waverley offering practical advice and guidance to reduce risks of falls.

Free tea and coffee available.

Ask your GP practice for details or contact the council's Care and Repair Team on 01483 444476 or 444347.

Sessions provide information on:



Telecare
Alarm



Hydration



Medication



Footwear



Exercise



Vision



Home