

Falls Prevention Week

23 – 29 September 2019

It's Falls Prevention Week.



Keep on Your Feet as You Age

Ensure against the declining cycle falls create

The falls cycle

Our team can help you and your friends understand falls giving practical tips on keeping yourselves fit, active and free from falls



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For more information about falls prevention, go to the Active Canterbury website: <https://www.activecanterbury.org.nz/health-professionals/falls-prevention/>