



Health, Wellbeing and Falls Awareness Event

Wednesday 26th September 11am-2pm

The Sharples Building
1-3 Church Road
Urmston, M41 9EH

Age UK Trafford is working in partnership with Trafford Council to improve the lives of local people

This event focuses on falls awareness and the importance of maintaining a healthy and active lifestyle. There will be information and advice on:

Falls awareness

Mobility aid checks

Activity demonstrations

Functional fitness testing

Visual impairment information

Safe & Well information

free refreshments

Free Electric Blanket Testing on the day - phone 0161 746 9754 to book an appointment. (Free replacement electric blanket given while stocks last).

Age UK Trafford, The Sharples Building, 1-3 Church Road, Urmston M41 9EH. Registered Charity number: 1109047 Company number: 5384301