



You are invited to a

Forum Group Falls Prevention Talk

By NHS Physiotherapist Julie Thacker

On Thursday 16 February 2017

at 2 - 4pm at Taylor House, Johnson Road, Uppingham

There will be tea/coffee and a slice of cake.

There are lots of things we can do to help us stay upright. Find out how H₂O is vital and walk away with greater confidence.

Places are limited. To book your place, please ring Amanda on 01572 822171 or drop her a note at the AgeUK shop, High Street East Uppingham.