

## FALLS AWARENESS WEEK

# Worried about falling? Feeling unsteady?

## COME AND TALK TO US.

Free advice, information and support  
to help you stay strong, steady,  
active and independent.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



You don't  
have to have  
had a fall to  
come along.



### THIS EVENT IS FOR YOU IF YOU:

- ✓ Feel less steady on your feet
- ✓ Worry about falling
- ✓ Have become less confident getting out and about
- ✓ Want to improve your strength and balance
- ✓ Have had a fall and want to reduce your risk
- ✓ Are supporting a family member or someone you care about



### ALSO INCLUDED:

- ✓ Lifestyle Advice and Support
- ✓ The All Wales Pre-Diabetes Programme
- ✓ Mini Health Checks, including:
  - Blood Pressure Monitoring
  - Mini ECG Checks

### MEET OUR LOCAL PARTNERS



**Alzheimer's  
Society**

Together we are help & hope



**Wales National Exercise  
Referral Scheme (NERS)**

Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru

## FREE EVENT

**DATE:** Monday 21st September  
 **TIME:** 11am – 3pm  
 **LOCATION:** Rhondda Fach Leisure Centre,  
Tylorstown, CF43 3HR

*Everyone welcome!*



Whether you're worried about  
your own balance, have recently  
had a fall, or are supporting  
someone you care about –

*come along and  
have a chat.*



**FREE  
TEAS &  
COFFEES**

Available  
all day!

**DON'T FALL FOR IT!**

**CWM TAF MORGANNWG  
FALLS PREVENTION SERVICE**



Falls prevention starts before the fall.  
Let's work together to keep you  
strong, steady and independent.