



Health, Wellbeing and Falls Awareness Event

Wednesday 6th November 10am-1pm

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

Age UK Trafford is working 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

Functional fitness testing

Keeping Warm and Well

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