



Are you worried about falls? Our talk on Falls Awareness and Postural Stability session at Westbury Court can help give you better peace of mind.

Wednesday 21st February 11am-12.30pm

If you or a loved one have had a fall, it can be a worrying time. Our talk on Falls Awareness, given by Public Health Consultant Kate Blackburn, will help give you the information you need to try and prevent falls at home.

Straight after the talk will be a practical session in Postural Stability with an Active Health Instructor and members of the local physiotherapy team will be there to assist and provide advice.

**For more information or to book your place,
please call Westbury Court care home on 01373 441 555**

Westbury Court Care Home
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