



STAY ON YOUR FEET®

Move Improve Remove

Active Balance Workshop

Falls and falls related injuries place a significant burden on the WA health system and can have a profound and long lasting impact, not just on the individual, but their family, community and the health care system in general. However, many people don't realise that falls are preventable.

- ✓ Are you a gym instructor, allied health assistant, or group exercise coordinator working with older adults in the community?
- ✓ Would you like to know more about the link between staying active and reducing the impact and incidence of falls in older Australians?
- ✓ Would you like to learn more about the importance of balance and what you can do to prevent falls in older Australians living in the community?

Why not attend the Stay On Your Feet® Active Balance Workshop?

These informative and interactive Active Balance workshops will provide you with insight into the incidence and impact of falls, how ageing affects balance, as well as explore practical evidence-informed exercise strategies that you can incorporate into your existing programs to support older adults to improve their balance and prevent falls.

If you are currently working with older adults and would like more information about incorporating falls prevention activities into your current program please contact the Stay on Your Feet® team on 1300 30 35 40 or email info@stayonyourfeet.com.au.

Date: Saturday 26 May 2018
Time: 12:30 pm – 5pm
Venue: Perth Metro – Venue TBC
Cost: \$55
Registrations: <http://eventbrite>

For more information phone 1300 30 35 40 or email sclark@injurymatters.org.au