



Free Event

Falls Prevention Information and Advice Event

Tuesday 6th November 2018 | 11 am – 3 pm

Richmond Village Aston on Trent, Richmond Drive, Aston on Trent, Derbyshire, DE72 2EA

Richmond Village Aston on Trent and Age UK Derby and Derbyshire invite you to join us for a FREE Falls Prevention Information and Advice event. Find out more about preventing falls and staying healthy and active this winter.

- Speak to professionals from a range of different services and organisations for advice and information
- Learn about the latest services and products supporting healthy living and falls prevention
- Attend talks from professionals throughout the day
- At 1.30 pm, join us for a FREE taster exercise session in our stunning Wellness Spa, to learn more about strength and balance exercises that can help prevent falls and support staying active this winter

Come along & find out more:

- Information and advice
- NHS services and healthcare providers
- Assistive equipment demonstrations
- Free taster falls prevention exercise session

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