



**Kendal Library,
Stricklandgate**

10.00am - 12noon

**Thursday 23 January
Tuesday 25 February
Wednesday 25 March**



Up and About
Cumbria standing
strong against falls

Everyone is at risk of falls as they age; it's a big cause of Hospital Admissions and can result in serious injuries and long term complications.

Join us to learn how making small adjustments to your daily life can reduce your risk of falls and give you greater freedom and confidence. Tea and Coffee available.

For more information or to request a **Falls Awareness Talk** please contact **the CAT Team on 01539 728118** or email **volunteering@ageuksouthlakeland.org.uk**.