

Falls Prevention and You



Come along to hear from a panel of experts sharing their tips about the best ways to prevent falls as you age. Light refreshments will be provided at the conclusion of the session.

Date: Friday 13 October 2017

Time: 10am – 12pm

Location: Fountain View Room, Civic Centre
25 Ferres Boulevard, South Morang

Cost: Free

Speakers:

Assoc. Professor Pazit Levinger, Victorian University of Technology
The importance of physical activity for seniors in preventing falls

Alicja Marmura, Occupational Therapist, Plenty Valley Community Health
Falls prevention and the Plenty Valley Community Health program

David Sutton, Pedorthist, Bilby Shoes

Importance of appropriate footwear in falls prevention

Judith Geraghty, Team Leader Positive Ageing Team, City of Whittlesea
An overview of the home modifications service

Bookings: Positive Ageing Team 9407 5913 or email leap@whittlesea.vic.gov.au
by Wednesday 11 October 2017

VICTORIAN
SENIORS
Festival



Council Offices

25 Ferres Boulevard
South Morang VIC 3752
Locked Bag 1
Bundoora MDC VIC 3083

Tel 03 9217 2170
Fax 03 9409 9880
TTY 133 677 (ask for 9217 2170)
Email info@whittlesea.vic.gov.au
Web www.whittlesea.vic.gov.au

Free Telephone Interpreter Service

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