

MUSLIM WOMEN ASSOCIATION

Established 1983

Empowerment Through Faith



STAY STANDING FALLS PREVENTION

The Stay Standing program aims to support older adults for independence with strategies to reduce the risk of falling. This program will run over 6 WEEKS and topics will include:

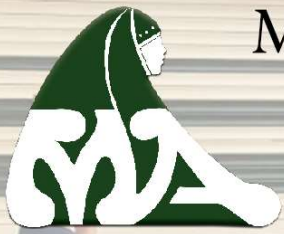
VISION
BALANCE
SAFETY AT HOME
STAYING COMFORTABLE ON YOUR FEET
MANAGING MEDICATION
TESTING FALLS RISK

9.30AM TO 10.30AM | THURSDAYS
STARTING 20 FEBRUARY 2020
MWA LAKEMBA OFFICE
47 WANGEE RD LAKEMBA NSW 2195

REGISTRATION REQUIRED. CONTACT US ON

02 9750 6916 | info@mwa.org.au | www.mwa.org.au

  @MuslimWomenAssociation



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