

# FALLS AWARENESS WEEK

20-26 September 2021

## No gym, No problem!

Let us help you exercise at home –  
order your 'Move With Mary' exercise DVD  
Email: [Rebekah.Lee@southerntrust.hscni.net](mailto:Rebekah.Lee@southerntrust.hscni.net)

- ✔ Get up. Get dressed. Get moving
- ✔ Every Movement Counts

#thinkfalls #staysteady



 Southern Health  
and Social Care Trust  
Quality Care - for you, with you



Age Friendly  
Network NI



Public Health  
Agency

Project supported by the PHA

