

#thinkfalls chatty calls



Join us every Monday throughout October at 10.30am-11.30am for a series of "chats" with professionals involved in falls awareness and falls prevention.

These talks will be followed by a short quiz and an opportunity for a chat over a cuppa.

✓ **4th October**

Chat with the Council's Home Safety Officer

✓ **11th October**

Chat with your Southern Trust Podiatrist

✓ **18th October**

Chat with Boots Optician and Falls Pharmacist

✓ **25th October**

Chat with Southern Trust Falls Physiotherapist

To register for the sessions and your **FREE** resource pack, including refreshments for the zoom call contact Raisa Donnelly, Age Friendly Coordinator by 27th September at:
Tel: **03000 132 132**
Mob: **07553 379721**
Email: **Raisa.Donnelly@midulstercouncil.org**

