

Positive Ageing Month Celebration Event

Positive
Ageing
Month
October



Stay Steady



Physical Activity for Falls Awareness

WHERE AND WHEN:

4th October

BANBRIDGE LEISURE CENTRE

10th October

DUNGANNON LESIURE CENTRE

17th October

NEWRY LEISURE CENTRE

*Each event will be from 10.30-12.30
with refreshments*



Southern Health
and Social Care Trust

Quality Care - for you, with you



Coghlaife Chantair
Lár Uíadhdh
Mid Ulster
District Council



Armagh City
Banbridge
& Craigavon
Borough Council



Ceathrúirí Ceantair
an Iúir, Mhúirín
agus an Dúinín
Newry, Mourne
and Down
District Council

PHYSICAL ACTIVITY AT EACH EVENT

Falls Fighters Talk (20 mins)

Strength and Balance (15 mins)

Chi Me (15 mins)

Functional Fitness MOT (15 mins)

To book your place please contact

BANBRIDGE EVENT: Stephanie Rock
agefriendly@armaghbanbridgrecraigavon.gov.uk
Tel: 07825 010630

DUNGANNON EVENT:
Raisa.Donnely@midulstercouncil.org
Mobile: 07553 379721

NEWRY EVENT: Tara.Smyth@nmandd.org
Mobile: 07511 046135