



Learn how to reduce your risk of falls, overcome fears and improve your strength and balance at our Falls Awareness session

Tuesday 6th March, 11am – 12.30pm

There are ways you can reduce your risk of having a fall, including making simple changes to your environment and doing exercises to improve your strength and balance.

If you've fallen in the past, making changes to reduce your chances of having a fall can also help you overcome any fear of falling. Fiona Millington, brighterkind's Director of Nursing, will start with a talk on experiences and common causes of falls, prevention methods, eyesight and hearing. This will be followed by a session with Wokingham Borough Council's 'Steady Steps' team. Anna Wijikman and Shane Venn will talk you through the benefits of 'Steady Steps' and how to join, followed by an optional fun seated exercise taster session.

**For more information or to book your place,
please call The Berkshire on 01189 115 384**

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