

# Falls Prevention



Falls Prevention is a new project designed to promote awareness of the risk of falls in older people and how you can build confidence and prevent these from occurring.

Arun Wellbeing is pleased to be able to offer an informal awareness workshop followed by an 8-week Tai Chi course for a total of a 9 week course in the following locations...

## Angmering

### Falls Prevention

28 September, 1:30pm – 4pm

### Tai Chi

5 October to 23 November,  
1:30pm – 2:30 pm

## Bersted

### Falls Prevention

2 October 10am – 1pm

### Tai Chi

9 October to 27 November,  
10am – 11am

For more information or to book a place on this free course please contact Arun Wellbeing on 01903 737945 or email [tom.howell@arun.gov.uk](mailto:tom.howell@arun.gov.uk)

[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk)



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partnership

