

'Fit for the future'

Friday 20th March 2015

10.30am - 3.30pm

Hosted by the Kensington and Chelsea Forum for Older Residents

Come along to this unique free event to learn about:

- preventing falls
- falls services available to local people
- the different ways that are available to support those at risk of falls
- how people can help themselves to reduce their likelihood of falling

The day will include presentations from experts in falls management as well as interactive market stalls, activity classes, health checks and lots more.

The event will be held in:

**The Small Hall, Kensington Town Hall,
Hornton Street, W8 7NX**

(Refreshments and lunch will be provided)

This event is aimed at:

- Service users
- Healthcare professionals across health and social care
- Care homes
- Primary care
- Public Health
- CCGs

For further information please contact either: June Davis june.davis@bucks.ac.uk
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To book a place please contact Sue Wale sue.wale@bucks.ac.uk