

The Healthy Marketplace

Information Support Signposting

@Cirencester Hospital

Julia Bradbury, Specialist Falls
Physiotherapist is giving a talk on
**‘Staying Steady and
Keeping Active’**

at 2.30pm on
Tuesday, 25th April 2017 in the
Healthy Marketplace at Cirencester
Hospital
(First floor, lift access available)

The talk will explore:

- What can you do to remain steady and active
- What can people do to prevent slips and trips
- What to do if you or someone you know has had a slip, trip or fall



To reserve a place for this talk please call
Louise Norman at Cirencester Hospital on
0300 421 6252