

Six Steps to Fall Prevention workshop

Discover simple strategies to reduce your risk of falls. This workshop covers balance exercises, home safety tips, and lifestyle changes to help you stay confident and on your feet

Dates	Time	Location
Wednesday 22nd July	10:00am - 11:30pm	Irlam Library, Hurst Fold, Liverpool Road, Irlam M44 6FD
Wednesday 6 th August	1:00pm - 2:30pm	The Training Room Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles M30 0FN
Monday 11 th August	1:00pm - 2:30pm	Wharton & Cleggs Lane, Little Hulton, M38 9RW
Monday 15 th September	1:00pm – 2:30pm	Broughton Hub, 50 Rigby Street, Lower Broughton, M7 4BQ
Wednesday 17 th September	2:00pm – 3:00pm	The Training Room Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles M30 0FN
Monday 6 th October	2:00pm - 3:00pm	Clifton Neighbourhood Centre, Manchester Road, Clifton, M27 6PP
Wednesday 12 th November	1:00pm – 2:30pm	The Training Room Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles M30 0FN
Wednesday 10 th December	1:00pm – 2:30pm	The Training Room Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles M30 0FN

Contact us about our activities

Email AFS@inspiringcommunitiestogether.co.uk or

Call Michael 07421129032

www.Agefriendlysalford.org.uk