

Move your body



**Tuesday 15 June
2 - 3pm
Armadale Library**

Falls can happen to us at any age, however the changes we go through as we get older can put us more at risk of having a fall.

The good news is that falls are preventable no matter your age, so come along and pick up some simple tips and tools you can use to keep you active and on your feet.

Moving your body will improve your balance and posture, strengthen your muscles and bones, and improve your overall fitness and general wellbeing. Building your balance and strengthening your legs is the best way to prevent slips, trips and falls.

Places are limited and bookings are essential. Call 9394 5125 or visit library.armadale.wa.gov.au to book your place.

If you are unable to attend after booking please notify the library.



Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

6 / 2021

Armadale Library 9394 5125
Kelmscott Library 9394 5810
Seville Grove Library 9394 5800
library.armadale.wa.gov.au



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