

Ask the experts at our Falls Prevention Morning

Claygate Centre for the Community

Thursday 31 January
9.30am-11.30am

Get expert advice on how you can reduce your risk of falls and stay steady on your feet.

Programme

9.30am: Presentation from the Falls Team

10.45am: Free strength and balance class

11.15am: Marketplace– meet the professionals

To book your place:

01372 474 537

commservices@elmbridge.gov.uk



Elmbridge
Borough Council

... bridging the communities ...



Need transport?

Community Transport:
01372 474 537
£2.60 return

Esher and Claygate Car
Service: 07501 029237

Dittons and Weston
Green Care Service:
0208 398 8600

Book early to avoid
disappointment.



CSH
Surrey



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HELPING THE OLDER GENERATION

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