

Healthy Ageing Talk: Preventing Falls for a Stronger Future

FREE
Session

Information Session

Learn practical tips to improve balance, strength, and mobility to reduce the risk of falls. Stay active, stay independent, and take steps toward a healthier future!

Guest Speakers

Christine McGee - Parkinson's NSW

Parkinson's NSW is a for-purpose organisation striving to make life better for people living with Parkinson's, their families, and carers.

10 am - 10.40 am

Professor Anne Tiedemann

Healthy ageing research lead for the Institute for Musculoskeletal Health, The University of Sydney

10.40 am - 11.20 am

Free morning Tea Provided

11.20 am - 12.00 pm

When

Thursday April 10

Where

Summer Hill Community
Centre, 131 Smith Street
Summer Hill NSW

Registration

Please Call or scan QR Code.

Jharna: 0426 947 681

Alex: 0493 342 221



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Central and Eastern Sydney Primary Health Network