

Staying steady

Free course for local people at risk of falling

Hear from physiotherapists, dietitians, pharmacists and more on how you can prevent falls, especially as you get older.



Join us on Wednesday 10 April 2019, 10:00 - 13:00 at the YMCA Sovereign Centre, Reigate, RH2 8HA.

If you are registered with an east Surrey GP you can book a space by contacting the Falls Prevention Service on 01737 775474 or fchc.falls-service@nhs.net