



# Falls Prevention Information Drop In

**Ambleside Library**

**Friday 1 November**

**10.00am - 12noon**



**Up and About**  
Cumbria standing  
strong against falls

**Everyone is at risk of falls as they age; it's a big cause of Hospital Admissions and can result in serious injuries and long term complications.**

Join us to learn how making small adjustments to your daily life can reduce your risk of falls and give you greater freedom and confidence.

For more information or to request a **Falls Awareness Talk** please contact **the CAT Team on 01539 728118** or email **[volunteering@ageuksouthlakeland.org.uk](mailto:volunteering@ageuksouthlakeland.org.uk)**.