

# Postural Stability Falls Prevention Sessions



**Joining a Staying Active class is a great opportunity to get active and meet new people!**

NSW Health is supporting us to start new exercise classes in your local community for the prevention of falls.

**To join our Staying Active classes, please contact:**

**Name:** Amy Wildner

**Contact:** 0426 528 928 or (02) 4200 1574

**Location:** Warilla Sports Club - Tuesdays - 10.30am

