

Come along to the 2017

FALLS PREVENTION EXPO

Information about *'Move to Improve'*
to reduce risk of falls.

**Move to
IMPROVE**

REDUCE YOUR RISK OF FALLING

St John

12 APRIL 2017

Tai Chi Taster

Sport HB

HBDHB Physio

Aged Concern

11.30am-1.30pm Zac's Cafe courtyard.

FREE public Tai Chi classes @ 12.15-12.30pm & 12.45-1Pm