

# Stay standing program



**25 February – 1 April 2019**

Monday's 10.30am – 12.30pm

**Kensington Park  
Community Centre**  
1a Day Lane, Kensington

**Places are limited  
Bookings required**

Call Frida on 9093 6972 or email  
[frida.kitas@randwick.nsw.gov.au](mailto:frida.kitas@randwick.nsw.gov.au)

Participants need to attend all six sessions of this FREE program:

- Falls risk indicator testing, balance, exercise to prevent falls
- Recognising common seniors emergencies
- SMART goal setting
- Healthy bones, managing continence
- Vision, footwear
- Safety at home and away
- Managing medication, sleep and chronic pain
- Review falls risk indicators, tai chi sampler