



# Over 65 Falls Prevention Programme 9 WEEK BALANCE & STRENGTHEN PROGRAMME

**Venue:**  
**Arc Healthy Living Centre  
Irvinestown**



PROGRAMME  
STARTING  
17TH JANUARY 2023  
BOOK IN NOW



age 65+



1/3 of all over 65's will  
fall in a 1 year period  
(DoH,2009)

age 80+



1/2 of all over 85's will  
fall in a 1 year period  
(DoH,2009)

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 Public Health  
Agency  
Project supported by the PHA

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