

Don't Fall For It



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Practical help
Avoid the crisis

Have you had a fall?
Would you like to
improve your balance?

Build confidence

Reduce risk

Improve balance

Tai Chi for balance

Learn techniques



For more information about avoiding falls or to attend "Don't Fall For It" groups, please contact the Physiotherapy department on **01252 913036** or email physio@pth.org.uk

Please note: these groups are for Phyllis Tuckwell patients and carers only.

To book your place call **Jo MacNeill** on **01252 913033**

Living
Well