



K2

Healthcare



NHS



Sleaford Falls, Aches and Pains Event



I'm worried about falling



How do I manage my aches and pains?



What community support is available?

Thursday 12th September 2024

10am - 4pm

New Life Centre

25 Mareham Lane, Sleaford NG34 7JP

Come along to speak to Physiotherapists, Occupational Therapists, community providers and specialists, all there to offer advice to help you.

It's free of charge too!

For more information call:

07825 518033

Come along for...

- Physiotherapy advice and assessment
- Falls prevention workshop, presentations and advice
- Pain management help
- Guidance on your overall health and wellbeing
- Community services and groups in your local area
- Effective, practical ways to manage your aches and pains
- Free goodie bag and raffle
- Free refreshments provided



Hello,

Have you had a stumble or fall recently?

Do you suffer from aches and pains?

Then there is a session being held on Thursday 12th September that you may find useful. It's called **Sleaford Falls, Aches and Pains Event**.

Come along to speak to Physiotherapists, Occupational Therapists, community providers and specialists, all there to offer tips and advice to help you.

It's free of charge too!

You may have received a text message from your GP Surgery about this event. If so, **make sure you book an appointment** so that you can have a chat with the right person.

Not had a letter or a text? That's ok. You can still come along, find out more about falls, living with pain and what your community has to offer.

For more information call: **07825 518033**

We look forward to seeing you there!

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