



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

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



PROGRAMME  
STARTING  
16<sup>th</sup> JANUARY 2024  
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)

Contact : Peggy  
028 68628741

**HSC** Public Health  
Agency  
Project supported by the PHA

[Peggy.carty@archlc.com](mailto:Peggy.carty@archlc.com)