



Health
South Eastern Sydney
Local Health District

“ 逐步前行 ”

為年滿六十五歲或以上講國語長者而設的預防跌倒計劃

“ 逐步前行 ” 是一項免費, 創新及友善的社區計劃. 計劃將提供訊息如何增加你在家居的獨立生活能力及減低跌倒的風險。專科醫護人員及嘉賓講者將講解內容包括改善腿部力量的有效平衡運動, 藥物處理, 家居安全, 在社區安全走動及營養等。

計劃課程是由悉尼東南區健康推廣服務部及 Bayside 市議會合辦, 連續七星期舉行, 每次兩小時, 最後的複習課程於兩月後舉行。

逢星期二於如下日子/時間舉行：

2017 年 9 月 5 日	上午 10 時至 12 時
2017 年 9 月 12 日	上午 10 時至 12 時
2017 年 9 月 19 日	上午 10 時至 12 時
2017 年 9 月 26 日	上午 10 時至 12 時
2017 年 10 月 3 日	上午 10 時至 12 時
2017 年 10 月 10 日	上午 10 時至 12 時
2017 年 10 月 17 日	上午 10 時至 12 時
2017 年 12 月 12 日	上午 10 時至 12 時

地點：樂調圖書館 (Rockdale Library)

Level 3 Meeting Room, 444-446 Princes Highway, Rockdale, NSW 2216

報到：4 樓會議室

費用：全免

任何人士： 超過六十五歲, 能獨立或持拐杖行走; 害怕跌倒或曾經跌倒, 皆可參加。

“逐步前行”計劃不適合患腦退化症人士參加。參加前, 須向家庭醫生索取健康證明書。參加時, 穿著舒適衣服及保護鞋子至為重要。

查詢及登記：悉尼東南區健康促進服務部梁太 (Brenda Leung) 電話：(02) 9540 8259



Health
South Eastern Sydney
Local Health District

Mandarin Speaking Stepping On

Free Falls Prevention Program

Stepping On is a free, exciting and friendly community program. The program will provide you with information on how to maximise your independence at home and reduce your risk of falling. Health professionals and invited guests present the program which includes proven and effective exercises to improve leg strength and balance, information on medications, home hazards, moving out and about safely and nutrition.

This program organised by Health Promotion Service, South Eastern Sydney Local Health District in partnership with Bayside Council runs for 2 hours each week for 7 weeks and a follow up session two months later. This service is offered free of cost to participants.

Date: Every Tuesday from 5 September to 17 October 2017;

Booster session will be held on 12 December 2017.

Time: 10.00am – 12.00noon

Venue: Rockdale Library, Level 3 Meeting Room,
444-446 Princes Highway, Rockdale, NSW 2216

Anyone who is:

- over 65 years,
- living independently in the community and able to walk independently or with a walking stick,
- be fearful of falling or has fallen recently.

Stepping On Program is not suitable for people with dementia or degenerative neuromuscular conditions.

You must obtain medical clearance from your doctor before participating. It is important to wear comfortable clothes and supportive shoes for exercising.

For more information and registration, please contact Brenda Leung, Health Promotion Service, South Eastern Sydney Local Health District on **(02) 9540 8259**.

Rockdale Library: call Stephanie Lee on **(02) 9562 1694**.