



Stepping On © Clemson & Swann wann



Health
South Eastern Sydney
Local Health District

逐步前行

免費國語防止跌倒計劃

你是否想保持獨立及行動自如？

與年紀相若的人士齊來參加免費的華語逐步前行防止跌倒計劃吧！

專業人員會講解如何減低跌倒的風險及學習運動以提高腿部力量及平衡。你亦會學習有關藥物應用，家居隱患，安全走動，鈣質及維生素 D 等。

計劃課程是連續七星期舉行，每次兩小時，最后的複習班於若兩月後舉行。

Date 2019 年三月一日至四月十二日 逢星期五舉行

Time 上午十點至中午十二點

Venue Rockdale Library (樂調圖書館) Level 3 Meeting Room, 444-446 Princes Highway, Rockdale, NSW 2216

複習班- 2019 年六月十四日於同樣時間舉行

逐步前行防止跌倒計劃是為以下人士舉辦：

- 超過 65 歲
- 在家中獨立居住及可以自己走路或使用柺杖走路
- 害怕跌倒或最近曾經跌倒

本計劃不適合患有失智症或神經肌肉失調的人士參加。

必須登記及取得家庭医生健康證明書。

查詢及登記：樂調圖書館李姑娘 (Stephanie Lee)，電話：(02) 9562 1694 或悉尼東南區健康促進服務部梁太 (Brenda Leung) 電話：(02) 9540 8259。



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Stepping On Free Falls Prevention Chinese Speaking Program

Do you want to stay independent and keep on your feet?

Come and join our FREE Stepping On falls prevention program with other peers.

You will hear from experts on how to reduce your risk of falling and learn exercises to improve your leg strength and balance. You will also learn about medication, home hazards, footwear, moving about safely, calcium, and Vitamin D.

This program runs for two hours each week for seven weeks and has a follow up session about two months later.

Date Every Friday from 1 March to 12 April 2019

Time 10.00 – 12.00 noon

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

Bonus booster session
14 June, 2019

Stepping On program is for anyone who is:

- over 65 years
- living at home and able to walk independently or with a walking stick
- fearful of falling or has fallen recently

The program is not suitable for people with dementia or neuromuscular conditions.

Registration and a medical clearance from your doctor is essential. To register or enquire for more information, please contact Stephanie Lee at Rockdale Library on 95621694 or Brenda Leung at South Eastern Sydney Local Health District on 9540 8259.