

FREE 7-WEEK FALLS PREVENTION PROGRAM

Stepping On

KINDLY FUNDED BY:

HEALTHY
NORTH COAST

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An evidence-based falls prevention program designed to help older adults learn how to reduce their risk of falls and maintain their independence through education and gentle exercise.

Building Confidence & Reducing Falls

Held at the Kempsey Library
10:00am to 12:00pm
15th October 2026- 26th November 2026

****You must live within the Kempsey LGA to participate in the group****



REGISTER TODAY
LIMITED SPOTS AVAILABLE

