



Join us for  
our next  
event

Ayton House care home,  
Angmering

## Falls prevention

Thursday 19th June 2025  
2pm - 4pm

Meet Debbie Francis, Postural Stability Instructor from Everyday Health, to hear advice on how to reduce the risk of falls in older age, from simple balance exercises to tips on how to fall-proof your home.

Trusted to care.



To book please call  
**01903 337705** or email  
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**care UK**