

# WELLNESS TALK

**By Mercia Jay  
Unique Health**

*Falls Prevention and / or Enabling yourself in an Accidental Fall*

*Wear Comfortable clothes; track pants / comfortable pants and shoes as Practical Training & a presentation will be given*

Falls prevention



Venue: Noordhoek Clubhouse

Time: 14h00

Date: Tuesday, 17<sup>th</sup> September 2019

RSVP: to ext 2400

**Beneficial presentation to all.**

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