



# Falls Prevention Group

Run by our Physiotherapist, Occupational Therapist and volunteers

## IMPROVE:

BALANCE / FLEXIBILITY / KNOWLEDGE /  
MUSCLE STRENGTH & ENDURANCE / HEALTH

**When** Thursdays from 9:30am to 10:30am

**Venue:** Physiotherapy Room  
North Richmond Community Health  
23 Lennox Street, Richmond

**You can join if you're:**

- able to walk independently, either with or without a walking aid
- aged 65+ (CHSP funded)
- medically stable
- committed to attend each week
- able to get a referral from your doctor.

More info at [nrch.com.au/groups-and-events](https://nrch.com.au/groups-and-events)

Contact our Intake Team about referrals or enquiries  
📞 9418 9965 | ✉️ [arthas@nrch.com.au](mailto:arthas@nrch.com.au)



north richmond  
community health  
Wulempuri - Kertheba