Older People’s Day 2016

“The role of physiotherapists in helping older people stay healthy and independent”

Neuro Rehabilitation Kent will be joining in this annual event by providing a lively and interactive **free** talk by Sevenoaks based physiotherapist Jane Cast

It will include

* Practical advice and tips on improving your balance
* How to prevent falls
* Getting fitter
* How to stay motivated.

Refreshments and cake will be provided

**WHEN:** Monday October 3rd

**WHERE**: *Gloucester House Nursing Home*

Lansdowne Road, Sevenoaks TN13 3XU

**TIME** 3-4pm

Please confirm your attendance:

**Email:** jane@neurorehabkent.com

 **Phone:** Gloucester House Reception 01732 741488