



Health
South Eastern Sydney
Local Health District

“ 逐步前行 ”

为年满六十五岁或以上讲国语长者而设的预防跌倒计划

“逐步前行”是一项免费, 创新及友善的社区计划. 计划将提供讯息如何增加你在家居的独立生活能力及减低跌倒的风险。专科医护人员及嘉宾讲者将讲解内容包括改善腿部力量的有效平衡运动, 药物处理, 家居安全, 在社区安全走动及营养等。

计划课程是由悉尼东南区健康推广服务部及 Bayside 市议会合办, 连续七星期举行, 每次两小时, 最后的复习课程于两月后举行。

逢星期二于如下日子/时间举行：

2017 年 9 月 5 日	上午 10 时至 12 时
2017 年 9 月 12 日	上午 10 时至 12 时
2017 年 9 月 19 日	上午 10 时至 12 时
2017 年 9 月 26 日	上午 10 时至 12 时
2017 年 10 月 3 日	上午 10 时至 12 时
2017 年 10 月 10 日	上午 10 时至 12 时
2017 年 10 月 17 日	上午 10 时至 12 时
2017 年 12 月 12 日	上午 10 时至 12 时

地点：乐调图书馆 (Rockdale Library)

Level 3 Meeting Room, 444-446 Princes Highway, Rockdale, NSW 2216

报到：4 楼会议室

费用：全免

任何人士： 超过六十五岁, 能独立或持拐杖行走; 害怕跌倒或曾经跌倒, 皆可参加。

“逐步前行”计划不适合患脑退化症人士参加。参加前, 须向家庭医生索取健康证明书。参加时, 穿着舒适衣服及保护鞋子至为重要。

查询及登记：悉尼东南区健康促进服务部梁太 (Brenda Leung) 电话：(02) 9540 8259



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Mandarin Speaking Stepping On

Free Falls Prevention Program

Stepping On is a free, exciting and friendly community program. The program will provide you with information on how to maximise your independence at home and reduce your risk of falling. Health professionals and invited guests present the program which includes proven and effective exercises to improve leg strength and balance, information on medications, home hazards, moving out and about safely and nutrition.

This program organised by Health Promotion Service, South Eastern Sydney Local Health District in partnership with Bayside Council runs for 2 hours each week for 7 weeks and a follow up session two months later. This service is offered free of cost to participants.

Date: Every Tuesday from 5 September to 17 October 2017;

Booster session will be held on 12 December 2017.

Time: 10.00am – 12.00noon

**Venue: Rockdale Library, Level 3 Meeting Room,
444-446 Princes Highway, Rockdale, NSW 2216**

Anyone who is:

- over 65 years,
- living independently in the community and able to walk independently or with a walking stick,
- be fearful of falling or has fallen recently.

Stepping On Program is not suitable for people with dementia or degenerative neuromuscular conditions.

You must obtain medical clearance from your doctor before participating. It is important to wear comfortable clothes and supportive shoes for exercising.

For more information and registration, please contact Brenda Leung, Health Promotion Service, South Eastern Sydney Local Health District on **(02) 9540 8259**.

Rockdale Library: call Stephanie Lee on **(02) 9562 1694**.