



Stepping On © Clemson & Swann warrn



Health
South Eastern Sydney
Local Health District

逐步前行

免费国语防止跌倒计划

你是否想保持独立及行动自如？

与年纪相若的人士齐来参加免费的华语逐步前行防止跌倒计划吧！

专业人员会讲解如何减低跌倒的风险及学习运动以提高腿部力量及平衡。你亦会学习有关药物应用，家居隐患，安全走动，钙质及维生素 D 等。

计划课程是连续七星期举行，每次两小时，最后的复习班于若两月后举行。

Date 2019 年三月一日至四月十二日 逢星期五举行

Time 上午十点至中午十二点

Venue Rockdale Library (乐调图书馆) Level 3 Meeting Room, 444-446 Princes Highway, Rockdale, NSW 2216

复习班- 2019 年六月十四日于同样时间举行

逐步前行防止跌倒计划是为以下人士举办：

- 超过 65 岁
- 在家中独立居住及可以自己走路或使用拐杖走路
- 害怕跌倒或最近曾经跌倒

本计划不适合患有失智症或神经肌肉失调的人士参加。

必须登记及取得家庭医生健康证明书。

查询及登记：乐调图书馆李姑娘 (Stephanie Lee)，电话：(02) 9562 1694 或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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Stepping On Free Falls Prevention Chinese Speaking Program

Do you want to stay independent and keep on your feet?

Come and join our FREE Stepping On falls prevention program with other peers.

You will hear from experts on how to reduce your risk of falling and learn exercises to improve your leg strength and balance. You will also learn about medication, home hazards, footwear, moving about safely, calcium, and Vitamin D.

This program runs for two hours each week for seven weeks and has a follow up session about two months later.

Date Every Friday from 1 March to 12 April 2019

Time 10.00 – 12.00 noon

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

Bonus booster session
14 June, 2019

Stepping On program is for anyone who is:

- over 65 years
- living at home and able to walk independently or with a walking stick
- fearful of falling or has fallen recently

The program is not suitable for people with dementia or neuromuscular conditions.

Registration and a medical clearance from your doctor is essential. To register or enquire for more information, please contact Stephanie Lee at Rockdale Library on 95621694 or Brenda Leung at South Eastern Sydney Local Health District on 9540 8259.