

**Black Minority Ethnic (BME) over 50's  
Falls Awareness and  
Bone Health Event to be held on**

**Wednesday 15<sup>th</sup> October 2008, 10- 4pm  
London Voluntary Services Resource Centre  
356 Holloway Road, N7 6PA**

**This is a great opportunity to find out about**

- What local services are available in Islington for older people who fall, or are at risk of falling
- How to access those services
- Medical Conditions such as, Stroke, High Blood Pressure, Diabetes, and links to Falls
- Managing your medication
- Presentations from Health Professionals
- Importance of exercise in falls prevention
- Slipper exchange, so bring your old/worn out slipper to exchange for new ones for free.
- Worn out walking stick ferrules can be replaced.
- Falls and Bone health exhibition
- Opportunity to ask questions
- Refreshments and lunch will be provided.

This is a free event, the venue is fully accessible with an easy access to public transport. Bus numbers 43, 259, 91, 271, 153, and 393, stop very close to the LVSRC entrance.

**For the event programme, or to get more information please contact:**

Lekan Bello Islington PCT, on 02033168 265 or  
Shahida Qureshi at Age Concern Islington, on 0207 281 6018