

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 Care Home*

Lansdowne Road, Sevenoaks TN13 3XU

TIME 3-4pm

Please confirm your attendance:

Email: jane@neurorehabkent.com

Phone: Gloucester House Reception 01732 741488

**FULL
OF
LIFE**



Neuro Rehabilitation
K e n t

