

## Need support to stay active?

### Green Prescription can help !

A support person can help you to continue your Falls Prevention activities through:

- Providing information on what's available
- Telephone support for 3-4 months to keep you on track or;
- Face to face meetings for that extra motivation and support

Green Prescription—WORKS

Ask your doctor or nurse or:

- Phone (03) 539 1170
- Fax: 539 4958

Email: [Leigh.Dalzell@nelsonbayspho.org.nz](mailto:Leigh.Dalzell@nelsonbayspho.org.nz)

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

## Programme Details

For 2011

Venue	Start Day & Dates			Time
<b>STOKE</b> Saxton Stadium Saxton Road East Stoke	Tues	May	24 <sup>th</sup>	1.30pm
	Tues	August	23 <sup>rd</sup>	1.30pm
	Tues	November	1 <sup>st</sup>	1.30pm
<b>RICHMOND</b> Methodist Church Hall, Cnr Wensley & Queen Street Richmond	Wed	June	1 <sup>st</sup>	10.30am
	Wed	September	14 <sup>th</sup>	10.30am
<b>NELSON</b> Senior Net Hall Pioneer Park Hastings Street Nelson	Tues	August	2 <sup>nd</sup>	10am
	Tues	October	25 <sup>th</sup>	10am
<b>GOLDEN BAY</b> Senior Citizens Hall, Commercial St, Takaka	Thurs	August	11 <sup>th</sup>	10am

We loved this programme—it was so much fun & very worthwhile



Piki Te Ora  
**bec**  
well

# Upright & Able

## for Falls Prevention

Falls Prevention Contacts:

Cherie Thomas

Phone (03) 539 1812 or email:

[Cherie.Thomas@nelsonbayspho.org.nz](mailto:Cherie.Thomas@nelsonbayspho.org.nz)



## Prevention of a Fall makes better sense for all

The impact of a fall can create

- loss of independence and confidence
- a reluctance to undertake certain activities
- a huge fear of it happening again
- even financial and social implications

Falls are the leading cause of injury related hospitalisation for people 65 years and over. Falls also account for a number of significant injuries among all age groups.

*But the good news is - most falls are preventable.*

## Upright & Able Falls Prevention

- Is a *FREE* course that builds confidence and knowledge about avoiding falls.
- It combines education and gentle activity 1x per week for 6 weeks.

If you have one or more of the following, you are at risk of a fall:

1. Previous slip, trip or fall
2. Muscle weakness or balance problems
3. Chronic health problems
4. Vision impairment
5. Loss of sensation in feet
6. A fear of falling
7. Are inactive
8. Taking multiple medications
9. Home environment hazards
10. Experience social isolation
11. Have ear or hearing problems

**Take action NOW!**

## Courses run in:

- Stoke
- Richmond
- Nelson
- Motueka
- and Golden Bay

To enrol ask your doctor or nurse, or contact the Falls Prevention Co-ordinator on:

Phone: (03) 539 1812

Fax: (03) 539 4958 or email:

[Cherie.Thomas@nelsonbayspho.org.nz](mailto:Cherie.Thomas@nelsonbayspho.org.nz)

**Every Day for Life!**  
Be Active, Your Way,



**Age is no barrier**