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Falls Injury Prevention Session

At Blacktown Women's and Girls' Health Centre

Monday, 9th June 2026, 11:00am

Preventing Falls



Falls Injury Prevention Session

Falls can happen to anyone—but many are preventable. Join us for an informative and practical session focused on reducing the risk of falls and keeping you safe, confident, and independent.

In this session, you will learn how to:

- Identify common fall risks at home and outdoors
 - Improve balance, strength, and mobility
- Use simple strategies to prevent slips, trips, and falls
 - Know when and where to seek support

Please ring our reception on 9831 2070 to book your spot

Please Note: There is no parking for clients or visitors onsite