

Spring into Action

Being active can reduce falls risk

→ nshp.com.au/SpringIntoAction



Join us and

Spring into Action

across northern Sydney this September!



Spring is a great time to encourage everyone, particularly older adults, to get active and take action to prevent a fall.

Come and join in:

- There will be displays and promotions at some of the NSLHD hospitals, so keep your eye out for them! Visit them on:
 - 4 September: Hornsby Ku-ring-gai Hospital - Concierge Table
 - 6 September, 10am-2pm: Royal North Shore Hospital - ASB Foyer
- A range of information and resources are available to get you and your patients/clients/residents moving more and taking action to prevent falls.
- Take the Spring into Action Quiz to see how much you know about falls?
- Download a copy of the Spring into Action email signature and insert it in your email signature during September to spread the falls prevention message!
- We'll keep you and your team up to date with weekly emails on activities and tips to participate and **Spring into Action** and help us reduce falls risk across NSLHD.

NSLHD Population Health Promotion & NSLHD Fall Prevention Committees would love to hear about any activities you do to help reduce falls risk in September, so let us know and send photos! Let's see a field of joyful 'sunflowers' across services and use yellow (or Falls Prevention orange) as your colour of choice for any activities.

For information & resources visit:

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