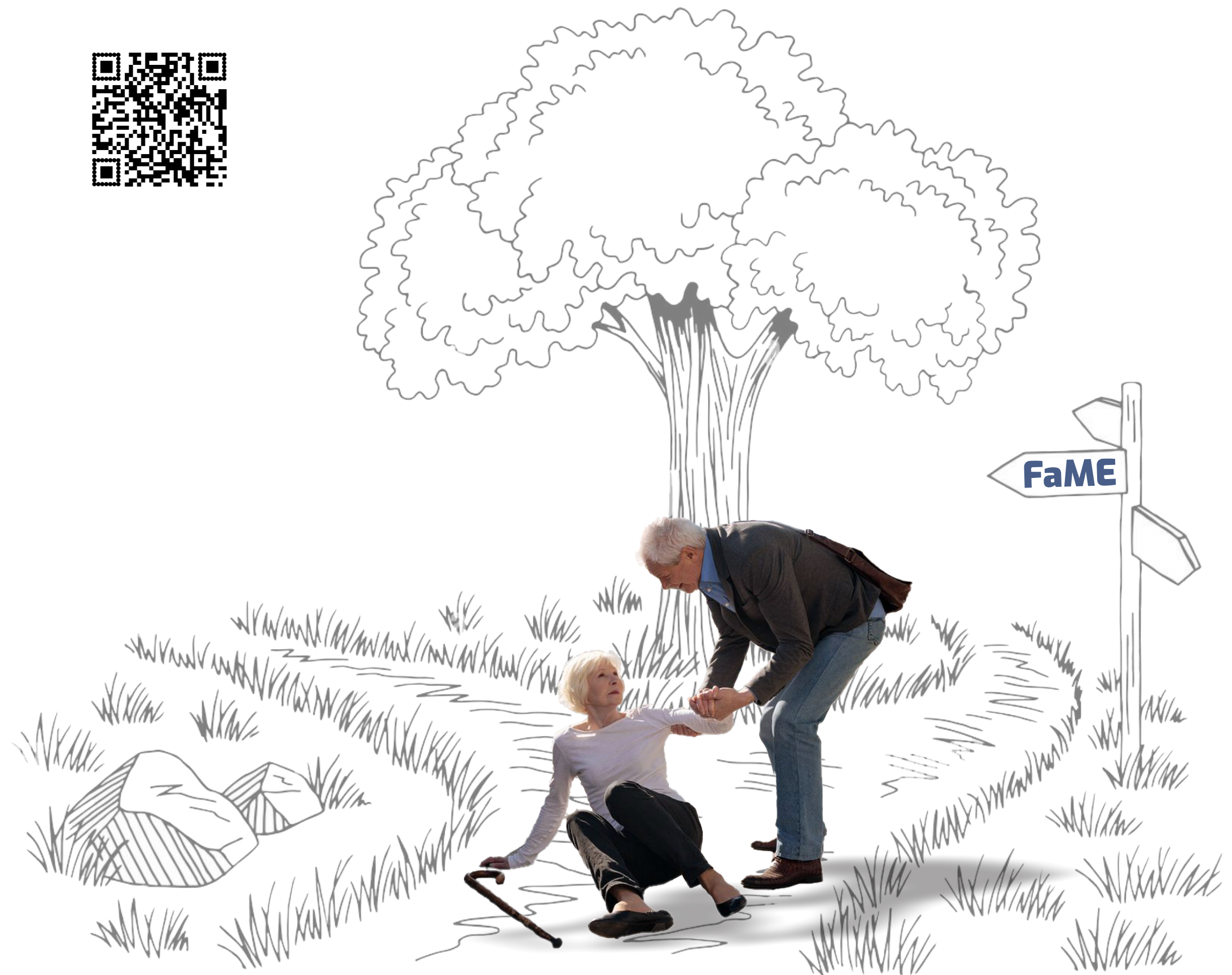


Have you fallen or do you have a fear of falling?

Then ask your GP or HSE health professional about joining a Falls Management Exercise (FaME) programme in your local area.



Get up and stay up!



Falls Management Exercise - for strength and balance

Achievable with regular practice at home

Monitored by specialist instructors at weekly group

Empowering, enjoyable and evidence based