

FaME

Falls Management
Exercise programme



ELDER **FIT**



NHS
WALES
GIG
CYMRU

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

An exercise programme to help develop strength and balance

- Are you over 65?
- Do you live in Cardiff or the Vale of Glamorgan?
- Do you feel unsteady on your feet?
- Would you like to improve your balance?
- Have you previously fallen or worry about falling?



To find
out more

contact:
gareth.elderfit@gmail.com
07731 382 224

£2.50 per week

You may benefit from taking part in FaME, a 24 week programme delivered by specialist exercise instructors who will help you to improve your strength and balance.

www.elderfit.co.uk