

Frailty Prevention

Ageing with Confidence

Learn about Ageing with Confidence
with Matt & Sara Taylor from
www.frailtyprevention.co.uk

7.00pm Start

7.00 – 7.45pm Free Frailty Assessments
(balance, strength & flexibility)

7.45pm Presentation (Frailty Traits & Healthy Function)

8.15pm Time to chat to Matt & Sara

8.30pm Close



Freedom and independence are qualities of life that we all cherish. Much like good health, these riches are easily taken for

granted until we begin to lose them. If you are in your 50s, 60s, or beyond, you will probably be looking forward to life after work, but sadly many people start to lose these qualities just when they are beginning to enjoy their well-earned retirement.

Join us to discover what you can do to remain mobile, active and independent in later life. This event has been designed to assist and guide you toward maintaining your good wellbeing and, hopefully, preserving your personal freedom. It is about the prevention of frailty in later life and how we can maintain and even improve our physical functionality as we mature.

You will have the opportunity to receive a brief assessment of your physical functionality (strength, balance and flexibility); hear a talk on healthy movement and the five traits of frailty, and speak to a physiotherapist if you wish to.

This is a free event presented
in association with The Well-brahams
Mental Health & Well-being Group.



www.thewell-brahams.weebly.com

Tuesday 1st October

7.00pm – 8.30pm

**Wilbrahams' Memorial Hall, Angle End
Great Wilbraham
CB21 5JG**