

FALLS AWARENESS & BONE HEALTH

OCTOBER 2023

17th October - Ballymun HQ 11am -1pm
18th October - Coolock HQ 11am -1pm
19th October - Templeogue 11am - 1pm



NIAMH QUINN - PHYSIO

How safe is your home or workplace? Learn how to avoid falls by keeping your home or workplace safe. Put your knowledge to the test with a fun quiz. The quiz winner's name will be announced the following week and will receive a medal!



DAVID ROSSITER - PHYSIO

Appropriate footwear is important in helping to reduce your risk of a slip, trip or fall. Want to learn more about what types of footwear are good and see some examples? Or want to have your own footwear checked? The Physiotherapy team will be on hand to give you all the advice you need.



DENISE MCCARTHY - DIETITIAN

In order to maintain good bone health a daily healthy diet containing calcium and Vitamin D is very important - come and meet some of the dietetic team and learn about the important foods you should be eating each day - quizzes and competitions will be available for you to participate in.



LEANNE WALSH - LEISURE CENTRE

Exercise for Balance and Bone Health. We will be going through some key exercises with attendees. We will also be doing exercise challenges on the day. We will also have exercise booklets for people to take home.



MAEVE MURPHY - DOCTOR

Good bone health for each and everyone of us is important throughout our lives. Screening and regular rescreening is important for those at risk of compromised bone health. It is important we all understand the risk factors. Much emphasis is on womens bone health but men are equally at risk.



HAPPY BONES

Happy Bones created by a team of staff and service users in St Michael's House was launched in 2015. It was a bone health educational resource for people with an intellectual disability. It received national and international acclaim and is now being relaunched in 2023!

