

www.healthpromotion.com.au

SOYF will take place in Gosford, Ryde and Hunters Hill.
NSW Health and Northern Sydney Central Coast Health have funded the Stay on Your Feet project.

For further information please contact:

GOSFORD:

Helen Kale

Ph: 4349 4800

E: hkale@nscchahs.health.nsw.gov.au

Central Coast Health Promotion

Ourimbah Campus, PO Box 361

Gosford NSW 2250

RYDE AND HUNTERS HILL:

Suzanne Mitten-Lewis

Ph: 9858 7973

E: smittenlewis@nscchahs.health.nsw.gov.au

Ryde Health Promotion

37 Fourth Ave, Eastwood NSW 2122

Stay on your Feet



Stay on Your Feet was a NSW North Coast initiative.

Live Life  well

NSW HEALTH
NORTHERN SYDNEY
CENTRAL COAST
AREA HEALTH SERVICE



Stay on your Feet

Stay on Your Feet (SOYF) is an injury prevention project which aims to:

Reduce the number of falls experienced by people aged 50+ who live independently in the community. It is a community-based program which is coordinated by the Health Promotion Unit of Northern Sydney Central Coast Health, working in conjunction with local communities, seniors' organisations, Government, non-Government and other agencies.



Stay on Your Feet is an exciting project that promotes healthy, active and positive ageing. It aims to increase awareness, knowledge and skills about the risk factors for falling and the steps that can be taken to reduce that risk, enabling people to stay mobile and living independently in the community.

The project will support and build on existing activities and help with the development of new strategies where needed - resulting in more people...

*"Staying Active,
Staying Independent and
Staying On Your Feet"*

Getting Started, what can you do?

- Look at our website www.healthpromotion.com.au
- Join our mailing list for information
- Look out for Stay on Your Feet messages
- Participate in Stay on Your Feet events and activities



Falls ARE preventable - Make friends - Take action - Have fun - You can reduce your risk of falling - Improve balance