



## Parramatta Program

12 week group exercise and education program to reduce risk of falling.

### What's included in the program?

- Pre-program assessment with Accredited Exercise Physiologist (AEP) plus home exercise program designed by AEP with exercise bands
- Group education session with Accredited Practising Dietitian (APD) and Clinical Pharmacist.
- 12-week supervised group exercise program with AEP
- Tea and coffee provided after each class
- Post program assessment with AEP
- Chance to win a Westfield gift voucher by attending the classes
- Free water bottle when you refer a friend or family member

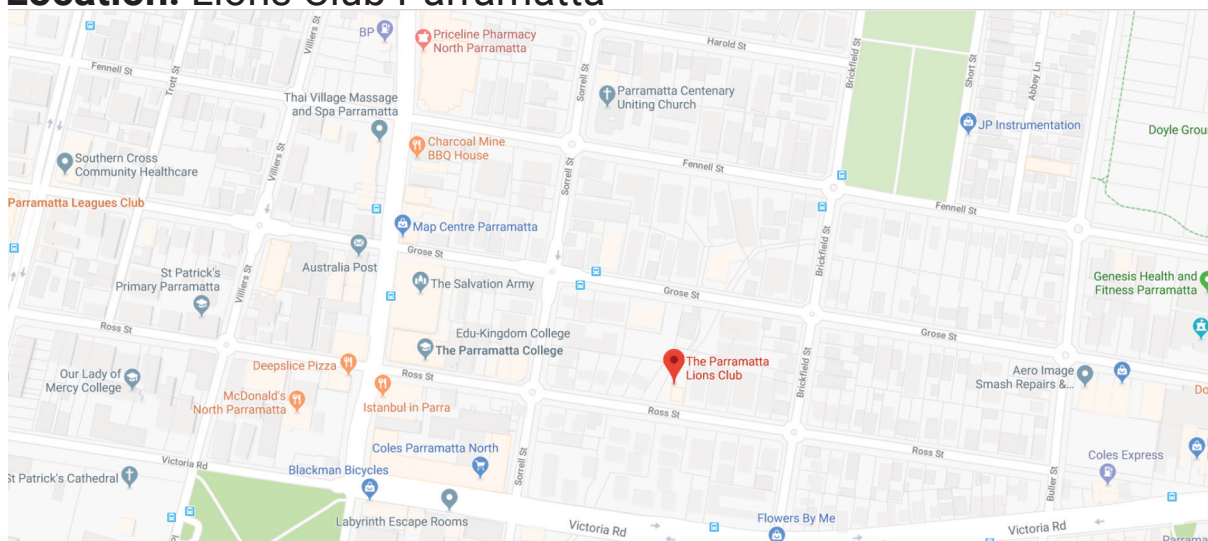
**Transport:** Transport to and from your place of residence and the program may be available. Please check with us to arrange transport.

### Accessing the program:

#### Eligibility:

- Aged 65+ or Aboriginal and Torres Strait Islanders aged 50+
- Medically stable and at risk of falling or have experienced a fall
- Have medical clearance
- Not in residential care
- Not due to travel lasting more than one week in the next 6 months
- Not due to move out of the area in the next 6 months
- Not due to have any major medical procedure in the next 6 months
- Not completed the Still Standing Program in the past 2 years, unless recurrent falling.

### Location: Lions Club Parramatta



**Lions Club Parramatta**  
42A Ross St, Parramatta NSW 2150



For more details,  
contact us today.

**Phone: 1300 487 921**

[www.newedgeperformance.com.au](http://www.newedgeperformance.com.au)

[facebook.com/newedgeperformance](https://facebook.com/newedgeperformance)

Fax: 02 8076 7417

[info@newedgeperformance.com.au](mailto:info@newedgeperformance.com.au)

This service has been made possible by funding from Western Sydney Primary Health Network



# Preventing falls in the community.



## 12 week group exercise and education program to reduce risk of falling.

### Initial assessment:

Assessments need to be completed before you start the program.

Before you book an assessment you must have a standard referral from your doctor.

Initial assessments are planned for the following dates below. Please call first to arrange an initial assessment.

Session	Date	Time
1	Wednesday, 18 September 2019	8.30am-10.30am
2	Wednesday, 25 September 2019	8.30am-10.30pm

### What to bring to the initial assessment:

- Referral from your general practitioner
- Comfortable clothes to exercise in
- Any heart medication/sprays or breathing puffers
- A bottle of water
- Appropriate shoes for exercise

## Free presentation delivered by Dietitian and Clinical Pharmacist

### When is it being held?

**Date:** Wednesday, 2 October 2019

**Time:** 9.00am to 10.30am

**Location:** Lions Club Parramatta, 42A Ross St, Parramatta NSW 2150

Who will be presenting and what will they be talking about?

### Joan Andriani - Accredited Practising Dietitian

Joan has worked in various private practice settings and with community groups in Sydney CBD and Inner West area. Through her practice, Joan focuses on helping others optimise their health by meeting them where they are and creating an individualised plan that is specific to their needs. Joan is passionate about all things wellness and teaches her clients the basic of good nutrition and develop intuitive eating skills that improve behaviour with food. She believes in a personalised approach and treats each patient as an individual with their own experiences, beliefs and values.

Joan will take part in Still Standing program education classes. She will explain about how nutrition plays a role and is essential in promoting safe mobility and greater strength, balance and cognition. The topics of discussion will include energy and nutritional deficiencies, specific nutrient requirements to prevent falls, weight management and practical strategies to incorporate a well-balanced diet with adequate energy and protein.

### Vinitia Deshpande - Consultant Pharmacist

B.Sc (USyd), M.Sc Hons (medical microbiology) B.Pharm (USyd) MPS AACPA M.ClinPharm candidate 2020 Vinita has been a pharmacist for 12 years and is accredited to do home medication reviews. She currently works as a Clinical Pharmacist at Mount Druitt Medical Centre and Bridgeview Medical Practice Toongabbie and is also involved with training intern pharmacists.

She has spoken to the Still Standing program education classes on a regular basis about medication related issues and falls prevention. She is passionate about Patient Centred Care and Health literacy.





## 12 week group exercise and education program to reduce risk of falling.

### Parramatta program details

Session	Date	Time
1	Wednesday, 2 October 2019	9.00am-10.30am
2	Wednesday, 9 October 2019	9.00am-10.30am
3	Wednesday, 16 October 2019	9.00am-10.30am
4	Wednesday, 23 October 2019	9.00am-10.30am
5	Wednesday, 30 October 2019	9.00am-10.30am
6	Wednesday, 6 November 2019	9.00am-10.30am
7	Wednesday, 13 November 2019	9.00am-10.30am
8	Wednesday, 20 November 2019	9.00am-10.30am
9	Wednesday, 27 November 2019	9.00am-10.30am
10	Wednesday, 4 December 2019	9.00am-10.30am
11	Wednesday, 11 December 2019	9.00am-10.30am
12	Wednesday, 18 December 2019	9.00am-10.30am

### What to bring to exercise classes:

- Comfortable clothes to exercise in
- Any heart medication/sprays or breathing puffers
- A bottle of water
- Appropriate shoes for exercise

**Please note:** places in the program are strictly limited to the first 15 people to complete the assessment. So if you are interested please organise the assessment as soon as possible.

