

New Plymouth Injury Safe "Wellbeing Day"

New Plymouth injury Safe held another successful older person "Wellbeing Day" on 7 May aimed at promoting their local falls prevention services. The event is part of an ongoing programme of community based activities that encourage older people to take steps to reduce their risk of falls. The group held a similar event on Owae Marae in Waitara in April to which over 100 older people turned up.

This month's event was hosted by Vogeltown Bowling Club. Visitors had the opportunity to try out lawn bowls and golf croquet, as well as a number of fitness activities in the club room (including Tai Chi and Keep Fit to Music). Ten local organisations hosted stalls to promote their services which includes Otago Exercise Programme, Tai Chi, Age Concern's 'home safety check' project, Arthritis NZ and the Disability Centre. Despite the predicted rain the sun shone all afternoon and around 85 people turned up to enjoy the activities.

