

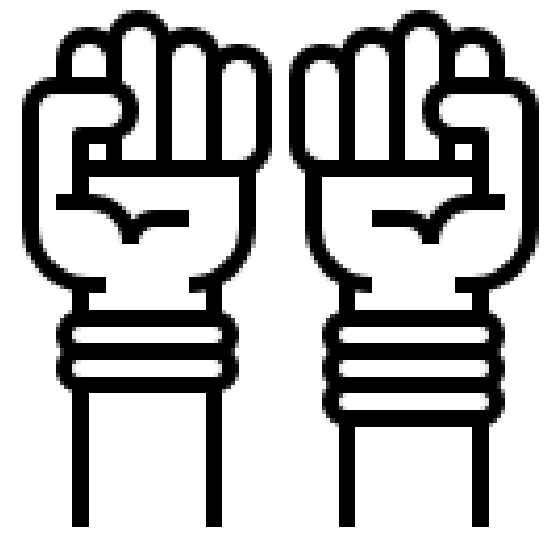
# Stand Up To Falls

Come and join the L&D team in services on the 29th September to do some light exercises!

Kingswood Court - 2pm

Kingswells - 2.30pm

Balnagask - 3.30pm



## The more the merrier!

