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Mall walk a first step towards preventing falls

THE Bull Creek Mall Walking Group participated in the Stay on Your Feet event last week to raise awareness about fall prevention.

Twenty-five walkers participated in the event, run by the Injury Control Council of WA, as part of the fall prevention program aimed at people aged 65 and over.

A presentation after the event thanked walkers for their participation.

ICCWA co-ordinator Zoe Cooper said the event was a big success.

"The presentation was very informative and well presented. Attendees enjoyed themselves and enjoyed the opportunity to network with their peers."

The Bull Creek Mall Walking Group meets twice a week.



Nancy Ciampimi from the Injury Control Council of WA with Bull Creek mall walkers. Picture: Martin Kennealey d352234