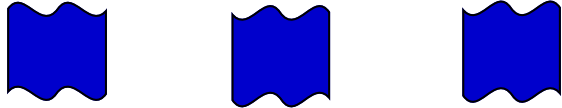


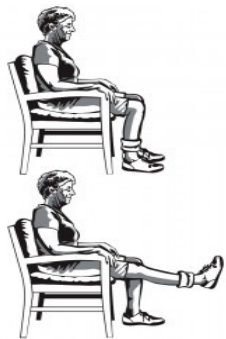


**NEWMARKET  
DAY CENTRE CIO**



**FLYING THE FLAG  
WITH THE LAUNCH OF**

***OTAGO  
EXERCISE***



Built in 1981, *Newmarket Day Centre* is a fully equipped community resource with excellent facilities to make life easier for all who use it.

Primarily the charity's aim is to work with retired people to enable them to have and enjoy a more social, independent way of life

The venue boasts a 'drop-in' cafeteria service, comprehensive day care provision, hairdressing salon, licensed bar, hand & nail care service, chiropody room, fully equipped specialised bathing room, and operates a varied entertainment and activity programme.



**NEWMARKET  
DAY CENTRE CIO**

***OTAGO  
CLASSES***

**FRED ARCHER WAY  
NEWMARKET  
SUFFOLK**

**Tel: 01638 664262**

**Email:  
V.fixe@newmarketdaycentre.co.uk**

Registered CIO No: 1160955



## OTAGO CAN HELP IMPROVE....

- Mobility
- Flexibility
- Muscle strength
- Sleep pattern
- Well being
- Self esteem
- Confidence

## OTAGO CAN HELP PREVENT.....

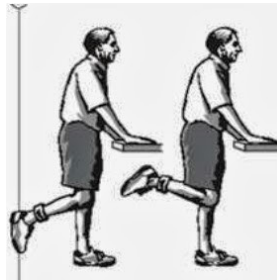
- Loneliness
- Depression
- Asthma
- Bronchitis
- Immobility
- Deep vein thrombosis
- Heart disease
- Stroke



**EVERY TUESDAY**

~  
**10.30 to 11.30**

~  
**NO CHARGE**



***Make everyday  
life easier...***

- CLIMBING THE STAIRS
- WASHING YOUR HAIR
- RISING FROM CHAIR
  - WALKING
  - BREATHING!



## THE FACTS

1/3 of over 65's have a fall,  
& half of over 80's

~  
Fall related injuries are  
responsible for more deaths  
in over 75's than any  
other disease.

~  
Less than 5% of falls actually  
result in a fracture but may  
cause other injuries

Eg. Cuts, Sprains,  
Dislocation,  
Post fall Syndrome  
(*depression or anxiety*)  
Long Lie  
(wet or cold floors)  
Dehydration

**OTAGO CAN HELP AVOID ALL  
OF THE ABOVE**