

Are you interested in taking part in a *'Keeping Active'* talk?

- KEEP MOVING
- KEEP ACTIVE
- KEEP SAFE IN YOUR HOME



**Via Zoom on Tuesday
9th March 2021 at 2pm**

Fermanagh & Omagh District Council Area

Zoom meeting ID: 96686295340
No password required.

Join one of our two live online information events to learn about the importance of staying active and keeping safe at home. The session will be delivered by a physiotherapist who will discuss ways to build and maintain your strength and balance to help prevent falls.

Other speakers: Age Friendly Officers, Stepping On Co-ordinator, District Councils, Home Safety Officer & WHSCT Falls Integrated Pathway Co-ordinator. They will be available to answer questions on how you can stay healthy.

You will receive FREE resources including, an exercise DVD, an information booklet a torch hat and pedometer.

Places are limited so please book early.



To register for the event, please contact:

Davina Coulter, Health Promotion Coordinator

Email: davina.coulter@oakhlc.com Phone/text: **07593 446201**

The Oak Healthy Living Centre, 179 Cross Street, Lisnaskea, BT92 0JE.

zoom INSTRUCTIONS

Zoom is an easy to use app for group video calls. You need to have access to internet and a smartphone/tablet or laptop/PC to be able to access the service.

To Download:

Google Store - Search Zoom and then download

Apple Store - Search Zoom and then download

Laptop/PC - www.zoom.us

Zoom Operation Instructions:

Please use the meeting ID number in the email to access the session.

To access Zoom from an android smartphone or tablet device:

- Open the Zoom App
- Click on Join button
- Enter ID number
- Hit Join Meeting
- Then enter the password (if required)
- Click Join with Video
- Join with Audio - button bottom left of your screen (microphone symbol)
- You can mute yourself at any time
- You can turn off your camera by clicking video button on bottom left of your screen (camcorder symbol)
- At end of the session there is a Leave button on the top right of the screen.

To access Zoom from an iPhone or iPad:

As above, except:

- Join with Audio is at the top of the screen
- You can mute yourself with button at top of screen
- You can turn on/off the camera from icon at the top of screen
- Leave button is top left of screen.

