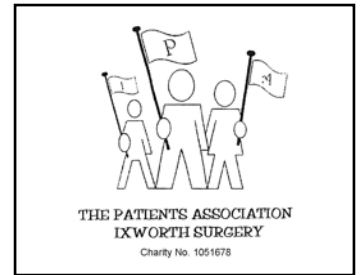


**The Ixworth Surgery Patients' Association**

presents



Wednesday  
**25<sup>th</sup> November 2015 2pm**  
Sapiston and Honnington  
Village Hall

**An Afternoon with...  
West Suffolk Hospital  
Physiotherapy Team**

**'Get Ready for Winter!'**  
and brief AGM

- Footwear
- Walking aids
- Bad weather
- How to get up  
after a fall

**ALL WELCOME !**

**Refreshments available !**

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