

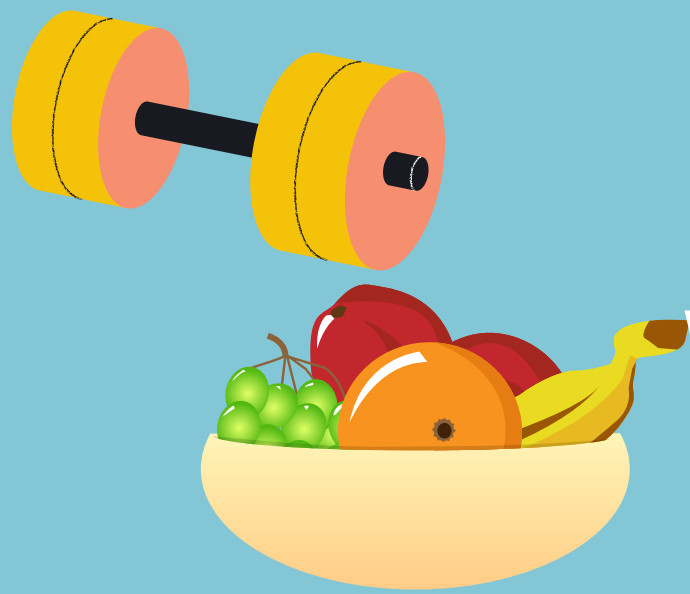
ORGANISED BY THE ACUTE FRAILTY MDT TEAM



Barking, Havering and Redbridge  
University Hospitals  
NHS Trust



# FRAILTY AWARENESS DAY



WEDNESDAY 3RD  
JULY 2024



- D = Diet and nutrition
- O = Optimise medication
- D = Develop habits to improve memory
- G = Gain connections
- E = Exercise & Activity

## STALL DAY

COME AND JOIN US  
OUTSIDE KGH MAIN  
ENTRANCE ON  
WEDNESDAY  
3RD JULY  
10:00 - 15:00

ANY CONTRIBUTIONS WOULD BE MOST  
WELCOME

TAKING **PRIDE** IN YOUR CARE TOGETHER

