

NATIONAL FALL PREVENTION AWARENESS WEEK



Join an exercise program to build strength, improve balance, and boost confidence.



Check your health. Regular vision and hearing checks are important. Talk to your physician about medications that could affect your balance or alertness.



Clear walkways. Keep floors free of cords, rugs, and clutter. Install grab bars in bathrooms and handrails on stairs.



Keep frequently used items in lower cabinets to avoid using footstools.

PREVENT



TRAUMA



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