



Falls Prevention Awareness Week

Falls are not a natural part of aging! Take control of your health...many falls are preventable.

STAY SAFE WITH THESE TIPS!

Find a balance and exercise program

Talk to your healthcare provider

Regularly review your medications with your doctor or pharmacist

Get your vision and hearing checked annually and update your eyeglasses

Keep your home safe

Talk to your family members



For more information go to:

<https://www.cdc.gov/homeandrecreationalafety/falls/index.html>

WORD LIST

- BROKEN STEPS
- CLUTTER
- COMFORT HEIGHT TOILET
- LOOSE CARPET
- NIGHTLIGHT
- NO GRAB BARS
- NO HANDRAILS
- POOR LIGHTING
- SAFETY STEP LADDER
- THROW RUGS
- TRIP OVER PETS
- UNEVEN FLOORS
- ZERO STEP ENTRY

N
M N A
T D U O O
M R B B N G A
O Z F E I M H R H
W Z C T E M F U Y A Z
R P G I H A T J D Q Q B H
I D U K V N B V O P I T G B M
R I D K J Z D T D D F F G L K A G
O P R E T T U L C B Q S I F N D O R N
B E T D H O Y H Q K H Y O U N M O N K S F
N Y I H E G C X B W T H R O W R U G S E C N N
Q Q P F B I S P E T S N E K O R B Y J B V P H R E
N O W J C O M F O R T H E I G H T T O I L E T O L X M
R S A F E T Y S T E P L A D D E R K I L S J T W U G S D W
J J J U G M M J N R H J T
C Z I X Z E E W I M E A Q
E R M R S V B F G K N W V
P F Z L H X Z O H W Z G Z
T I E Q U D D L T R C X N
R T R Q V G F R E N X A L U F C R D W K F
I N O A T F V J D D U A I J B K B I S I B
P O S P K S P O O R L I G H T I N G N F M
O L T C E Z P J K O A D H N J S M B O P N
V E E J G N Y X T Q R E W H H R R
E K P A M G E X O O J Z D L A B Z
R X E Q T X Q J O R N O D
P T N F Q S J L G G D T T
E I T L S R F H Z R R F K
T O R R N G N C B N B H K T A Z A
S C Y C N D X N E H R H B V X I X O
Y D T U C S K V A R W X K U L E L
T E P R A C E S O O L W W T S Z L
D V G O X N C Z Y Q V L D E H N D
K I W N U Z X X E H U B K H J I S