

FALLS FREE CHECKUP



YOU CAN PREVENT FALLS |

ncoa
National Council on Aging

Up your falls prevention IQ

Falls are not inevitable.
With a little knowledge,
most falls can be avoided.

Take the first steps to
prevent a fall:

- **Answer** 12 questions at **FallsFreeCheckup**.
- **Attend** a Juniper info session during Falls Prevention Awareness Week, Sept 21-25.



yourjuniper.org

1.855.215.2174

Juniper is a statewide network of Minnesota's Area Agencies on Aging and community and healthcare organizations that helps people live well, get fit, and prevent falls.

Join us for one or all of these free, online sessions

Monday, September 21 – 1:00 to 2:00 PM – **Register**
**Falls Prevention Awareness Week Kick-off:
You Can Prevent Falls!**

Wednesday, September 23 – 2:30 to 3:30 PM- **Register**
Recognizing Fall-ty Habits: Home Safety Checklist

Friday, September 25 – 11:00 AM to 12:00 PM- **Register**
Avoiding Falls: Honest Talk and New Skills

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