

# 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.



### 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**

[LEARN MORE](#)

**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.

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**JUNIPER®**  
Your Health. Your Community.