FALLS

Take the right steps to PREVENT them.



A simple fall could change your life.

Staying active in younger years will help lower your risk for falling later in life.

Maintain your independence as you age. Keep moving!

STRIDES 4 STRONG BONES Take the CDC Fall Risk Survey: **www.stridesforstrongbones.org**

If you are an older adult, making simple changes can lower your risk for falling.

Have your EYES and EARS CHECKED.



Make your HOME SAFER.



Have your doctor REVIEW MEDICATIONS.



EXERCISE to improve balance and strength.



Falls Free®
Washington Falls Prevention Coalition

Washington State Department of Health

"Finding Our Balance-preventing slips, trips & stumbles"