

FALL PREVENTION CLINIC

Monday, February 12th, 2018

10:00 a.m. – Multi Purpose Room

1 IN 3

OLDER ADULTS
FALL EACH YEAR



1

Participate in regular physical activity for improved balance & coordination

2

Make your home safer by removing things you might trip over (books, cords, shoes)

3

Review your medications with your provider - some might make you feel dizzy or sleepy

4

Have your vision checked at least once a year - poor vision can increase your chance of falling

TAKE STEPS TO PREVENT FALLS



Safety First!