



<https://fallsfreewi.org/prevent-falls/>

Falls Prevention Awareness Month



Falls ARE Preventable 6 Steps to Prevent a Fall



Local Balance and Exercise Programs:

- Stepping On
- Strong Bodies
- Tai Chi
- Chair Exercise

local contact information and logo

1. Find a good balance and exercise

program

2. Talk to your health care provider

3. Regularly review your medications with

your doctor or pharmacist

4. Get your vision and hearing checked out

annually and update your eyeglasses

5. Keep your home safe

6. Talk to your family members

From Awareness to Action

More than 1 out of 4 older adults falls year year (CDC).

Falls Prevention

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

FALLS
PREVENTION
HEARING
MEDICATION

BALANCE
EXERCISE
AGING
AWARENESS

SAFETY
VISION
PROVIDER
FAMILY

ncoa
national council on aging

<https://www.ncoa.org/>