

how to play

Choose your game piece.

Suggestion: hard candy, mints, etc.

Choose a partner.

2+ players

To get on the board, start to eat.

Repeat these steps as you eat

- Eat a vegetable 🔄🔄🔄🔄
- Drink water 🔄🔄🔄
- Eat a protein (meat/eggs/beans) 🔄🔄
- Eat fruit 🔄🔄
- Eat/drink dairy 🔄
- Eat a carb (bread/potatoes) 🔄

When you land on a picture tile

Locate the matching picture on the board for your next move.



Review medications 🔄🔄🔄

You meet with your pharmacist to review your medications.

Side effects can increase risks of falling.



Eye Care 🔄🔄🔄

Attend your annual eye appointment. Seeing well helps keep you on your feet.



Doctor visit. 🔄🔄🔄

You ask your doctor to check your risk of falling and tell her about your recent fall.

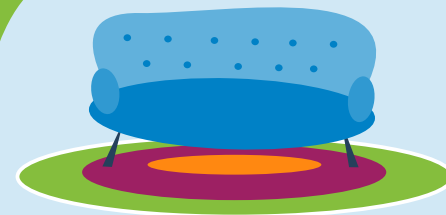


Safe shoes 🔄🔄

You wear well fitting shoes. Loose fitting shoes such as flip flops can cause you to fall.



Lighting 🔄🔄 helps prevent falls. You add a lamp to your living space.



Keep your home safe 🔄🔄

Remove throw rugs. You trip on a rug and fall.

Exercise 🔄🔄

You joined a balance & exercise program to prevent falling.

