



Step Up To Stop Falls

Every year, one out of three people older than 65 experience a fall.

Know your risks for falls
so you can take steps
to stay independent.

Ask your health care professional
what you can do to prevent a fall.

FOR MORE INFORMATION, PLEASE CONTACT:

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Get Dizziness In Check

Dizziness is not a symptom of aging —
it might be your medicine
or how you're taking your medicine.

And it could result in a serious fall.
Read prescription inserts carefully
and call your doctor if you have
a concern about falling.

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Falls-Free Home

Most falls occur in or around the house.

Take steps today to
remove throw rugs, clear clutter
and improve lighting
to avoid an accident.

Make your home free from falls risks
and maintain your independence.

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Be In Balance

It's true – a few simple balance exercises daily can make a big difference in preventing falls in people over 65.

Exercises like Tai Chi give you better muscle control in your legs and keep you moving in the right direction.

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Trust Your Eyes

Good vision allows you to move around safely and with confidence.

If you are over 65, make sure to have your vision checked regularly.

Taking care of your eyes could be the key to preventing a serious fall.



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