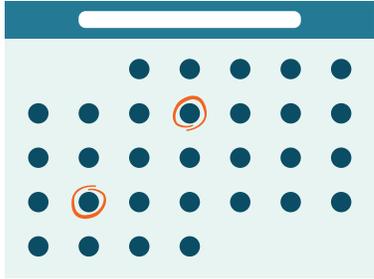


# FALL PREVENTION TIPS

Get your vision and hearing checked regularly



Stand up slow to avoid dizziness

Talk to your health provider about medication side effects



Install safety measures like night lights, grab bars and securing rugs to the floor



Use a cane or walker if you need more stability



Do strength and balance exercises



## STAND STEADY