

FALLS AWARENESS WEEK

20-26 September 2021

What 3 things will you do to stay safe at home?

- ✔ Avoid trip hazards
- ✔ Get an annual eye test
- ✔ Get an annual medication review
- ✔ Strength and balance exercise at least twice a week
- ✔ Walk more to lead a happier healthier life
- ✔ Stay hydrated
- ✔ Eat well and often

#thinkfalls #staysteady

