

FALLS AWARENESS WEEK

20-26 September 2021

Do 3 things to stay safe daily

- ✓ Clear trip hazards
- ✓ Stay hydrated
- ✓ Keep moving: every movement counts!



#thinkfalls #staysteady

 Southern Health and Social Care Trust
Quality Care - for you, with you

 Age Friendly Network NI

 Public Health Agency
Project supported by the PHA

