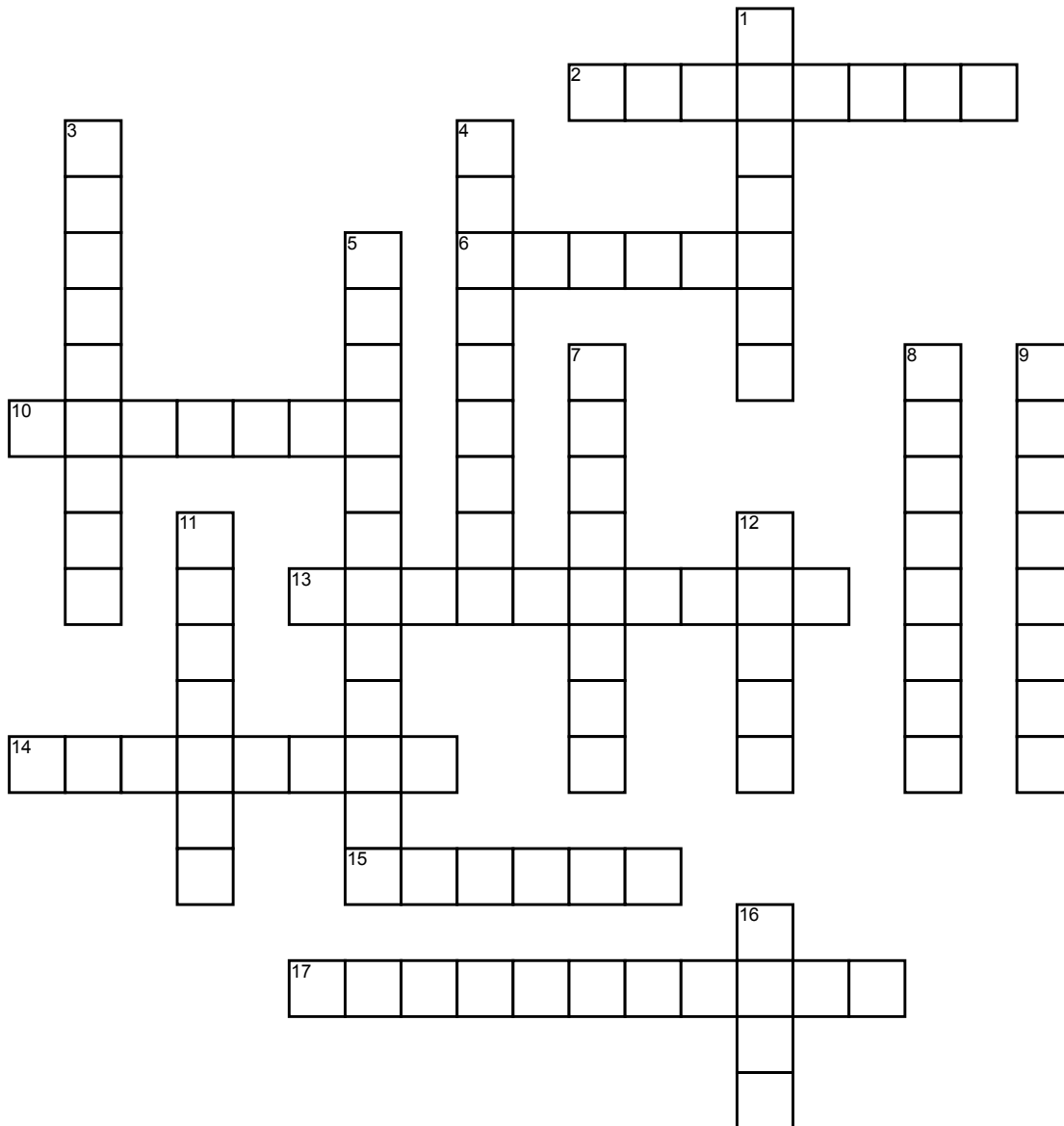


April Falls Month



Across

2. Assists with bone health and comes from the sun.

6. Gentle group based exercise.

10. Worse _____, weaker muscles and stiffer joints change the way we move.

13. Having these on the bathroom floor makes the bathroom safer

14. Keep moving to increase strength.

15. Bleed or blood clot in the brain.

17. Can be personal or environmental

Down

1. Strengthens bones and muscles.

3. Stairway safety feature.

4. Condition that causes painful and stiff joints.

5. If you fall this can increase the risk of breaking a bone

7. Important to see hazards

8. Slower _____ times can increase risk of falling.

9. Make sure it is enclosed and has non-slip soles.

11. Reduce trip _____ to reduce the risk of falling.

12. Drink 6 to 8 glasses each day

16. 60% off falls happen here