

# Fall Prevention

F S F R O T C O D O T K L A T Y I U D N W E Z C  
K Y U S V T D Q C E S I C R E X E R Z I A N G S  
L D J H E A R I N G R J Z I L G M G H C G T Z M  
Z O Z Z R Q X R H B D D C M Z G Q J Z F N X X A  
X T E B X E F D V T X D W H E N X F N S F T I J  
K P N O I T N E V E R P C U M D M I M T B R W G  
O X C K U H Z H U H J B R N X G I S W N T I R B  
U Y N K I O L R A U D P B A O M C C E P D S X U  
A Z R E W M T H I M O T O E C W G O I J Q K Y B  
V T E B G E Y Y X R V O S J P E D G E N M F W S  
S R F L M S P P U O K A C V F V I V B S E A X H  
B U U W Z A P O N T W D P L G O I S O E X C H P  
Z T L S H F M T B B D Z R V R T S L R P S T E M  
B O H E L E G E Q V F R A T C E D B D D O O A C  
Q A L L Z T E N Z P G V H A N F R N G E V R L J  
D R L W P Y X S Q Z E H G K B X L M C N Z S T U  
L K V A E V U I G O E N A D R O R H N G X N H K  
O E I L N K I O U S I E Z P H P P N P U W M Y X  
R K S E A C D N D Y W H K V R P A N T P Y N S M  
V F I M Z W E J A A H U D T V H W U B M F J T T  
P S O C F T D T H O J L D R R L Y X M T Q C E W  
E B N E V S S F O E S K A E R B E L G G I W P I  
A U K V I O A U V S M T Y V Y W H Z H Z C Y S Q  
Q M C R Z H J Z H C T E R T S R U J P A B K Z Z

stayingactive  
HealthySteps  
homesafety  
medicine  
hearing

wigglebreaks  
hypotension  
prevention  
Exercise  
balance

talktodoctor  
riskfactors  
weakness  
stretch  
vision