

Falls Are Preventable

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

report falls to doctor
balance exercises
medicine review
check eyesight
pay attention
senior lights
be active

install grab rails
eat balanced diet
use walking aid
use hand rails
night lights
take calcium
no mats

strength exercises
clean up spills
wear safe shoes
health checks
pick up feet
don't rush