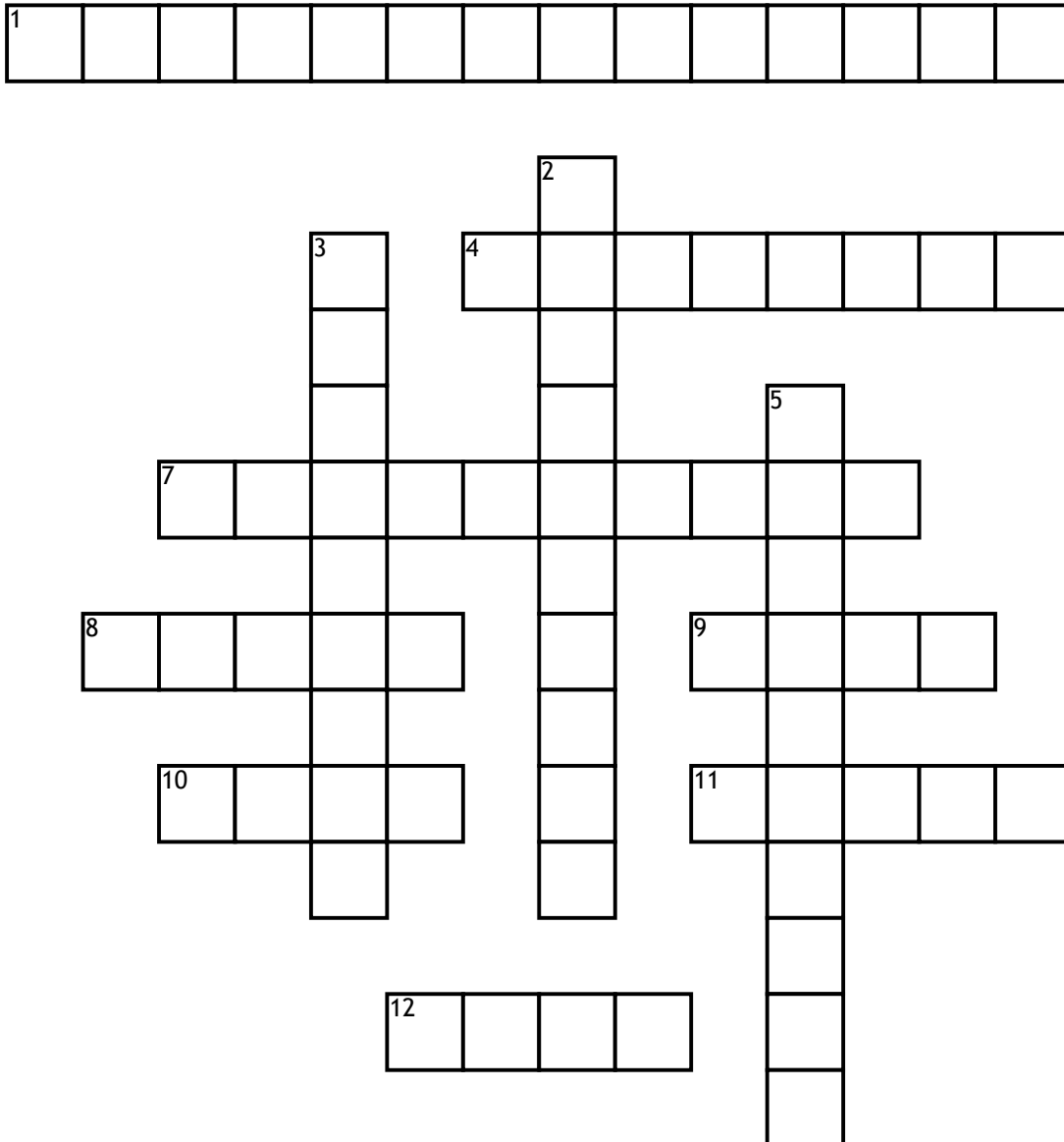


Name: _____

Date: _____

falls



Across

- 1. what not to wear
- 4. helps keep your muscles and bones strong
- 7. you use these to see better
- 8. maybe leave one on at night
- 9. what food is called

- 10. never be afraid to ask for
 - 11. people who can help
 - 12. small carpets that are a trip hazard
- ## Down
- 2. you may need these to help you up stairs

- 3. the bottom of a door frame that often sticks up
- 5. take this at the right time in the right dose
- 6. How to keep well hydrated