



FALLS PREVENTION KNOW YOUR RISK



1 IN 4
AMERICANS
AGES 65 AND OVER
FALLS EACH YEAR



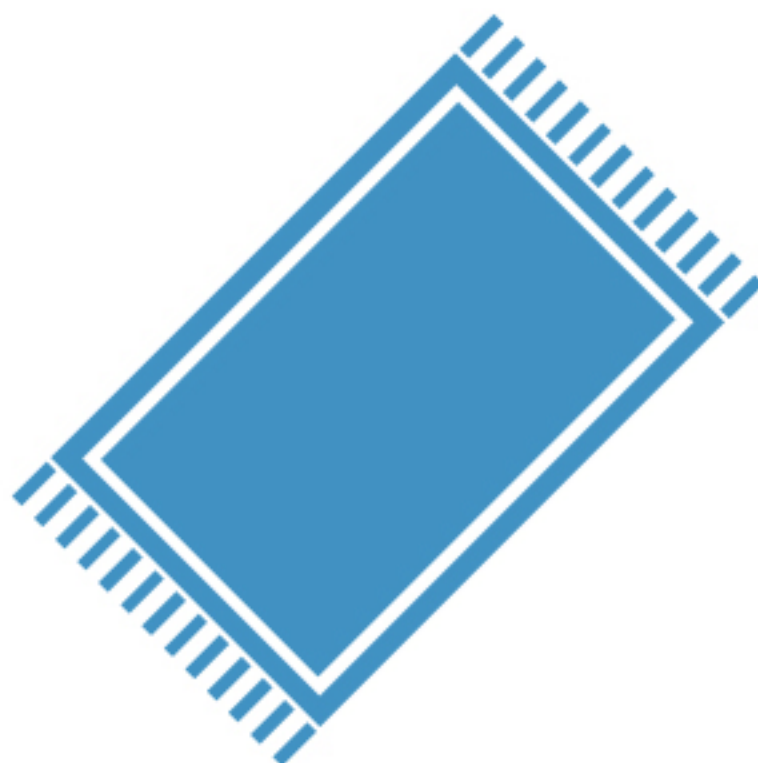
Talk to your health care provider
about falls & falls prevention.



Talk to your health care provider
about the medication you take.



Have your vision checked
at least once a year.



Make your home safer by
removing fall hazards, like rugs.



Avoid loose fitting clothing.



Talk to your health care provider
about evidence-based falls
prevention programs.