**FALLS PREVENTION AWARENESS WEEK**
Standing Tall Against Falls

**Did You Know?**
- One in 3 older adults fall each year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of injury deaths among older adults.

**Falls Are Preventable**
Here are some things you can do to reduce your risk of falling:

- **Exercise:** Engage in regular physical activity, especially balance and strength-building activities.

- **Medication:** Ask your doctor if medications you take, or alcohol consumption, increases your risk of falling.

- **Home Safety:** Identify and correct falling, slipping or tripping hazards.

- **Vision:** Have regular vision checks.

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**FIND YOUR FALL RISKS**

- GDMTS C ZI Y TALEJS
- NIXQRNARHRosseH
- IZTVYLE RZOUA OFA
- TZCRFPOXSSNHJSZ
- HIBPWAETSEPZA
- GNTIRWCMOEDEBER
- IEULZALBFHrerFD
- LSGVRoaALoLTTAS
- RSZPHMSG NIPPRT
- OYEOSN0ITACIDEM
- OTCLUTTERVTUHDC
- PLTOOFREDNUSTEP
- ASREDDALPETS G MW
- YTHSPETS NEVENU
- S L I A R D N A H O N M C J K

**Unscramble Your Health**

1. GENTRTHS __________
2. CENALAB __________
3. ANGWIKL __________
4. TURTONIIN __________
5. OVSIN HEKCC __________
6. ENAHERG ETTS __________
7. SYIHCPLA VIITCAYT __________
8. RYLYAE CCEHK PU __________

Answers: (1) strength (2) balance (3) walking (4) physical activity (5) vision check up (6) hearing test