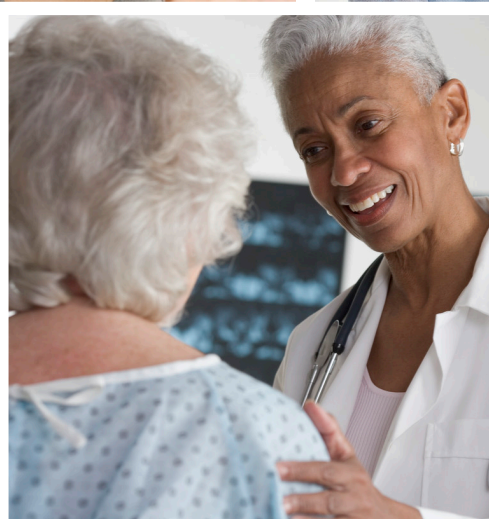


Falls Prevention Awareness Week: September 20-26, 2009

5 Simple Things YOU Can Do To Prevent Falls



- 1** Exercise regularly. Physical activity programs like Tai Chi that increase strength and improve balance are especially good.
- 2** Ask your doctor or pharmacist to review your medicines to reduce side effects and interactions that could make you dizzy or unsteady.
- 3** Have your eyes checked at least once a year.
- 4** Improve the lighting in your home.
- 5** Reduce the hazards in your home that can lead to falls, such as loose carpets and slippery or uneven floors.

Thanks to the Centers for Disease Control and Prevention for use of their content.

