

It takes a **Team**
to prevent falls & save lives.

StandingStrongNC.org



Talk

to a healthcare provider,
pharmacist, family and friends.



Exercise

to improve your balance
and strength.



Act

to get your eyes, ears and
feet checked annually.



Make

your home safer.

Standing Strong
North Carolina



Prevent Falls – Save Lives



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Let's **TEAM** up to take these simple steps to prevent falls!

Talk about falls

- Ask a healthcare provider for a fall risk screening
- Ask a pharmacist to review your medications
- Ask your friends and family for support to stay healthy and independent

Exercise to improve your strength and balance

- Find a local program

Act to get your eyes, ears and feet checked annually

- Schedule an annual check-up

Make your home safer

- Do the home safety checklist

LEARN MORE

StandingStrongNC.org

Scan the QR code to visit our website

