

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.



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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

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Scan the QR code to visit our website

