It takes a TEAM to prevent falls & save lives.

StandingStrongNC.org

Talk

to a healthcare provider, a 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.

Let's TEAM up & follow these simple steps to prevent falls:

Standing Strong North Carolina
Prevent Falls – Save Lives

Talk about falls and your fall risk

- ☐ 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 & balance

- ☐ Find a local exercise program on our website

Act to get your eyes, ears & feet checked annually

- ☐ Schedule annual check-ups with a healthcare provider

Make your home safer

- ☐ Complete the Home Safety Checklist that can be found on our website

YOU have the power to lower your risk of falling!

LEARN MORE
StandingStrongNC.org

Scan the QR code to visit our website

Find tips on talking to healthcare providers, local exercise programs, a detailed home safety checklist, and more on our website!

N.C. Center for Health & Wellness at UNC Asheville | North Carolina FALLS PREVENTION Coalition | Standing Strong North Carolina Prevent Falls – Save Lives