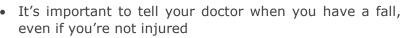


## **Better Balance for Fall Prevention**

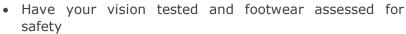
Get strong, get going!

30% of people over 65 fall each year but falls can be prevented!

## Speak with your GP and health care team today!







 Ask your doctor or practice nurse on options for the most suitable Active Health programs available to you





FOR LOCAL EXEXRCISE PROGRAM



It's never too late to improve your strength and balance!



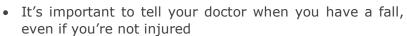


## **Better Balance for Fall Prevention**

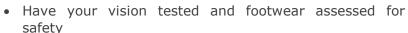
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## **Better Balance for Fall Prevention**

Get strong, get going!

30% of people over 65 fall each year but falls can be prevented!





- It's important to tell your doctor when you have a fall, even if you're not injured
- Review your medication regimen
- Have your vision tested and footwear assessed for safety
- Ask your doctor or practice nurse on options for the most suitable Active Health programs available to you





FOR LOCAL EXEXRCISE PROGRAM



