

APRIL FALLS MONTH

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!

- 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



SCAN ME

FOR LOCAL
EXERCISE
PROGRAM



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



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