

# APRIL FALLS MONTH.

## Let's Talk About Falls Falls don't just happen

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



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

- Falls can be prevented by recognising early signs like being unstable or difficulty walking
- Tell your doctor when you have a fall
- Start an exercise program
- Review your medication regimen
- Check your hearing, vision and feet for safety



SCAN ME

FOR LOCAL  
EXERCISE  
PROGRAMS

**It's never too late to prevent a fall !**



NSW  
Fall Prevention  
& Healthy Ageing  
Network

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