



# Falls Prevention is Everyone's Business

## WORKING TOGETHER FOR YOUR SAFETY IS **OUR NUMBER ONE PRIORITY**

\*Participate in regular physical activity, including strength and balance exercises. Benefits include:

- Reducing risk of falls.
- Staying independent.
- Improving balance and strength.
- Improving mood and sense of wellbeing.

\*See your GP for issues that worry you and for referrals to other health practitioners eg

- Physiotherapy, Occupational Therapy, Podiatry, Optometry and Dietitian.

### **Tips for being Safe, Active and Healthy:**

For local falls prevention and exercise programs and Healthy Ageing Online Learning visit:

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

If you need help getting started with an exercise program visit:

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

**It's never too late to reduce falls risk**