

APRIL FALLS MONTH.

Falls Prevention is Everyone's Business 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
PROGRAMS

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



NSW
Fall Prevention
& Healthy Ageing
Network

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