


**If you
challenge your
balance, it will
improve. Keep
doing it so you
won't lose it.**



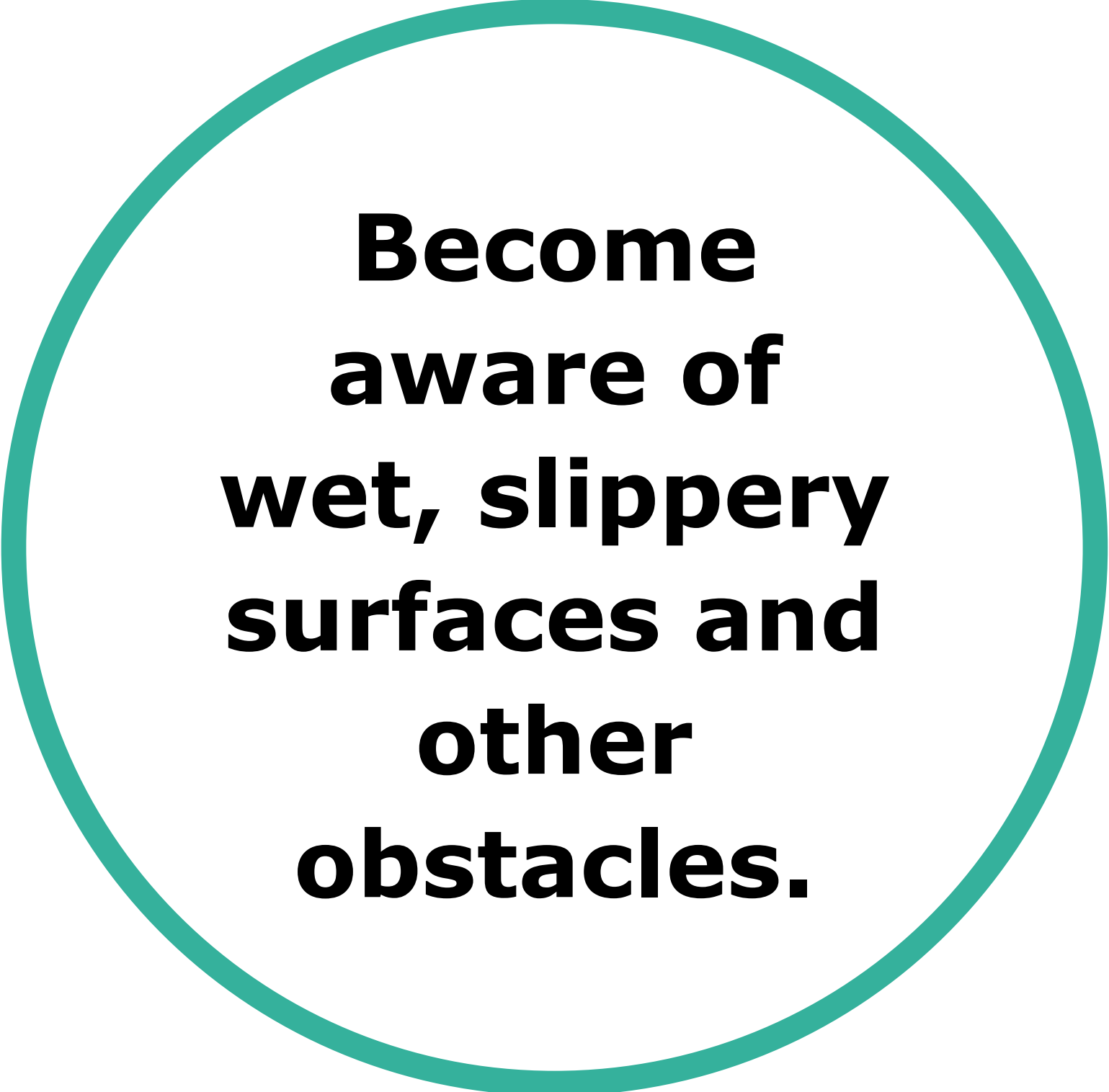
**Better
balance and
stronger leg
muscles will
protect
against falls.**




**Don't give up.
Maintain your
gains as an
insurance
policy for
independence.**




**When out
walking, look
ahead to be
aware. Walk
heel to toe.**



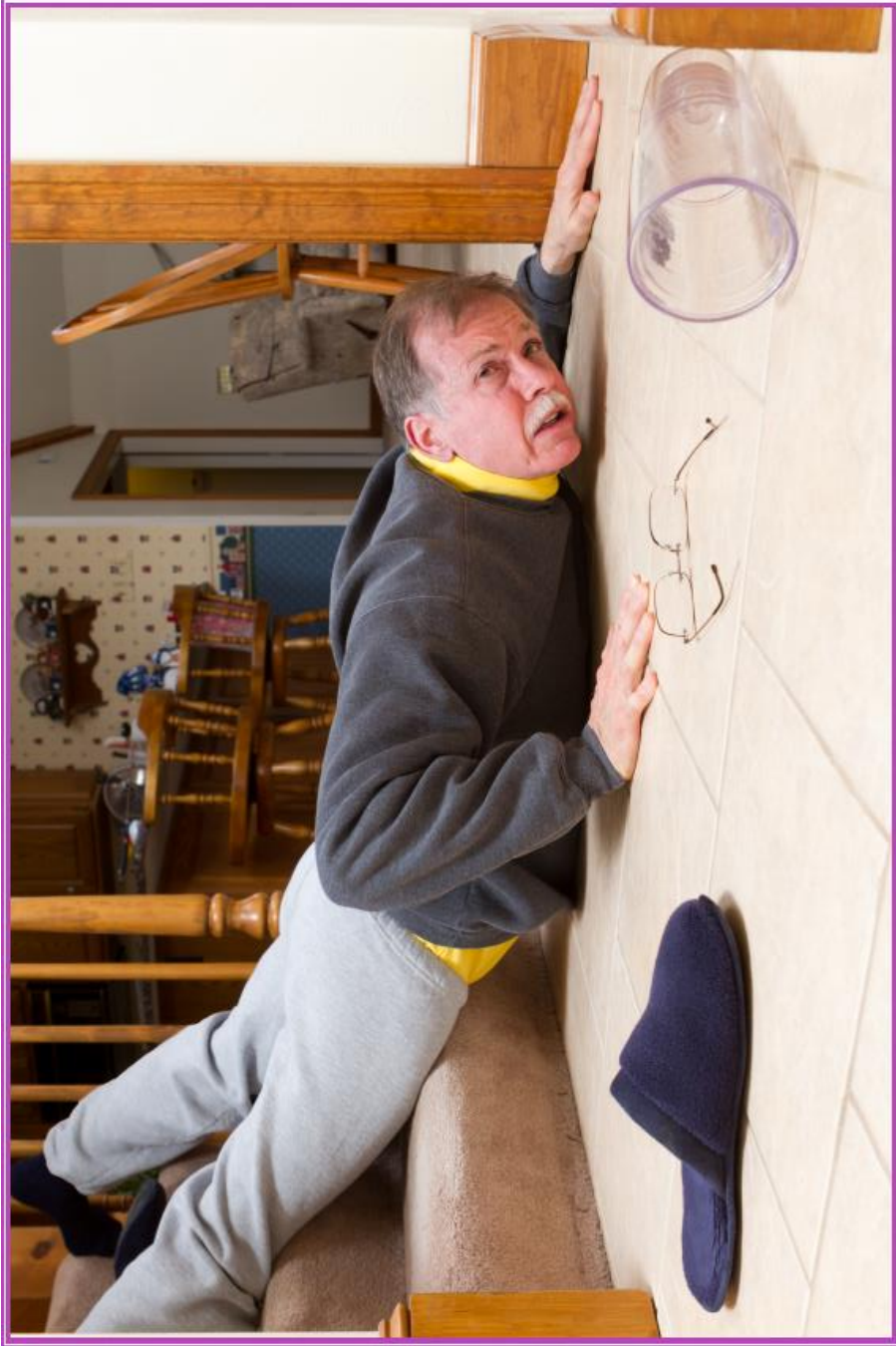
**Become
aware of
wet, slippery
surfaces and
other
obstacles.**



**Falls are not
inevitable.
You can
make a
difference.**



**As your
strength and
balance
improve,
walking will
be easier.**



Safety Step Ladders





Slip-resistant bathtub mat



Stair and hallway
lighting, such as
Guideway by
Sylvania.

Shoe treads for winter,
such as Yaktrax.






Outdoor tread
adhesive strips

Hip protector pants

Hip Protectors





**With
knowledge,
you can be
in control
of falls.**



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FAITH COMMUNITY
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Bridging Faith & Health