

# You Can Prevent Falls

Thousands of seniors are hospitalized due to falls every year  
You don't have to be one of them.

## **Here are five things you can do to prevent falls...**

- ✓ Stay active and exercise often. This keeps your muscles and bones strong
  - ✓ Talk to your doctor about the right kind of exercise for you
  - ✓ Have regular vision and hearing screenings
  - ✓ Have your doctor go over all the medications you are taking
    - Some medicines can make you sleepy or dizzy
- ✓ Check your home for fall safety

Ask your doctor if you are at risk for falling.

**Stop falls. Stay independent.**

For information and assistance, contact StopFalls Napa Valley at  
707-255-5328

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