

# Fall Prevention Awareness

**Falls are NOT a natural part of aging!**



Iowa Falls Prevention Coalition

## Six things YOU can do to prevent falls:

- 1. Regularly review your medicines.** 
- 2. Talk to your health care provider.** 
- 3. Have your vision checked.** 
- 4. Talk to your family members.** 
- 5. Exercise to improve your balance and strength.** 
- 6. Make your home safer.** 

## Need More Information?



[www.idph.iowa.gov/falls-prevention](http://www.idph.iowa.gov/falls-prevention)



[www.iowaaging.gov](http://www.iowaaging.gov)



[www.biaia.org](http://www.biaia.org)  
855-444-6443



1-866-468-787  
[www.lifelonglinks.org](http://www.lifelonglinks.org)



[www.idph.iowa.gov](http://www.idph.iowa.gov)