

Stand up for fall prevention



Join Health Foundation of South Florida in lowering the rising number of falls

For Floridians 65 and over, falls are the leading cause of injury, death and hospitalizations. Falls are preventable. Health Foundation of South Florida's \$7.5 million Healthy Aging Regional Collaborative shines with success stories from older adults maintaining good health.

If you or someone you know is at risk of falling:

- Ask a doctor for a fall risk assessment
- Install grab bars in the bathroom and other home safety tools
- Do balance, strength training and flexibility exercises

National Falls Prevention Awareness Day is September 23. Let's make standing up for older adults a daily observance. For fall prevention classes visit www.healthyagingsf.org