

Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

Take Action Today

Falls are not an inevitable part of growing older

Let's talk

Do you worry about falling but don't know what to do?

- Tell someone about your concerns
- Tell someone if you've fallen
- Take action today, visit www.ageingwellinwales.com/falls or call 03442 640670

Steady On

A strong core and good balance can be achieved by staying active and taking exercise

- Look for a local strength and balance focused exercise opportunity such as Tai Chi using www.dewis.wales or contact Age Cymru on **02920 431 555** for other exercise opportunities

Stay Safe

Is your home safe and warm and does it help you manage well?

- Contact Care & Repair on **0300 111 3333** for free help and support to adapt your home