Keep your balance

in check

A few simple daily exercises can have a big impact on reducing the risk of falls in people over 65. Daily exercise builds muscle control and helps improve your balance to keep you on your feet.

To learn more about the simple and easy exercises you can do on your own, contact:

Health Foundation for Western and Central New York
726 Exchange Street, Suite 518 | Buffalo, NY 14210
(716) 852-3030

Falls Prevention

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Falls have • serious *consequences*

But did you know most falls occur in homes, where you feel safest? Learn how to make your home a falls-free environment and maintain your independence.

For more information on how to make your home safe and prevent falls, contact:

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STEP UP TO STOP FALLS

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1 in 3 older adults *fall each year*

Unsure if you're at risk of a fall? Talk with your doctor so you know your risk and what resources are available to help you maintain your independence.

Learn if you are at risk for a fall and how you can stay independent at:

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