Have your vision checked Three other things **YOU** can do to prevent falls: **1** Begin a regular exercise program

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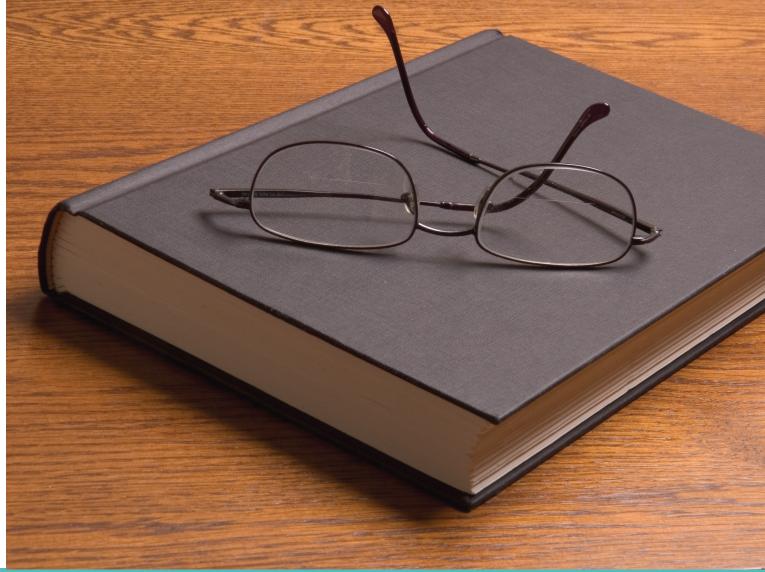
Department of Health and Human Services Centers for Disease Control and Preventior

2 Have your health care provider review your medicines

3 Make your home safer



"I have my eyes checked by an eye doctor every year. Last time I found out I needed new glasses."



Begin a regular exercise program



Three other things **YOU** can do to prevent falls: **1** Have your vision checked

- **2** Have your health care provider review your medicines
- **3** Make your home safer



"Exercise makes me stronger and helps me feel better."

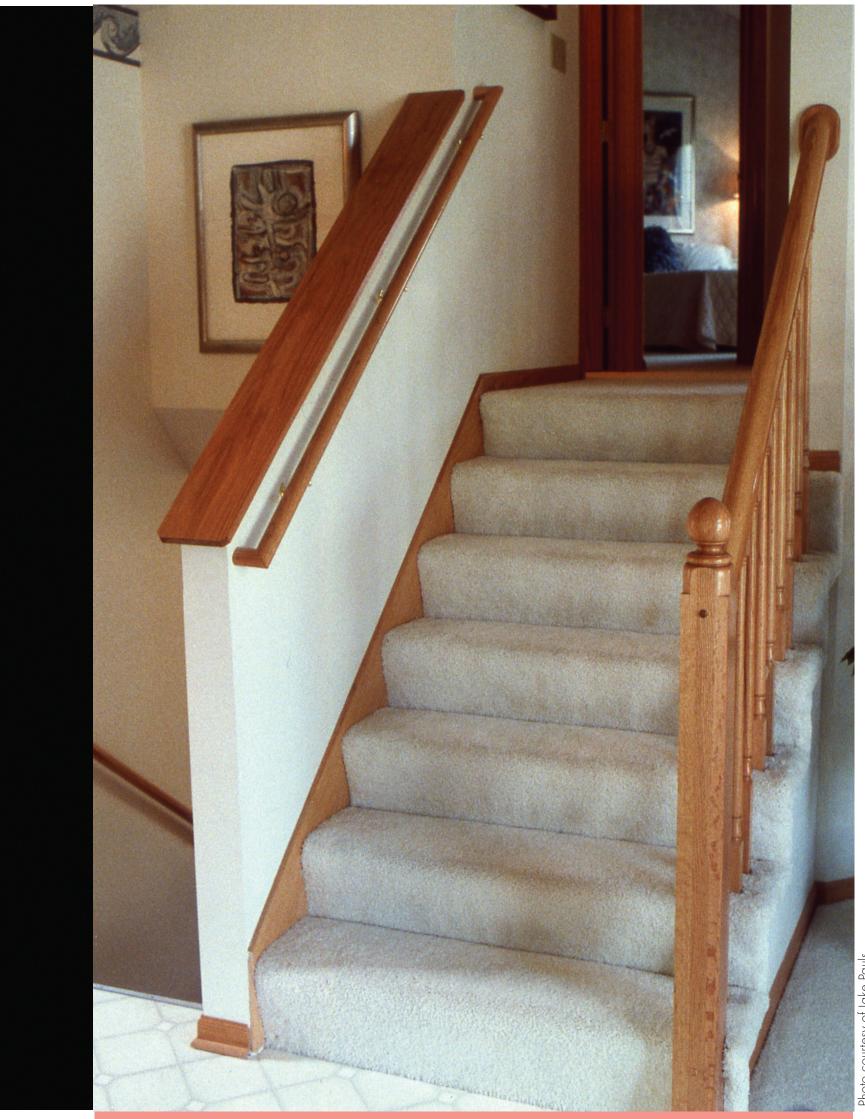
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Make your home safer Three other things **YOU** can do to prevent falls: **1** Begin a regular exercise program

- **2** Have your health care provider review your medicines
- **3** Have your vision checked



"I'm glad I had handrails put on both sides of my stairs."

Have your health care provider review your medicines Three other things **YOU** can do to prevent falls:

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1 Begin a regular exercise program **2** Have your vision checked

3 Make your home safer



"My doctor and I talked about my medicines. One kind made me dizzy so he prescribed something else."

