

Stay independent.



More than
3,400 falls
caused injuries

to Lorain County residents
ages 65+ in 2018.

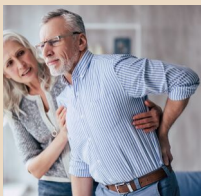
**Grab bars help prevent falls
so you can stay independent.**



**Get a FREE grab bar
plus free installation.**

- while supplies last
- for residents ages 65+

Call 440-326-4800 to sign up.



Prevent falls.

Falls are *not* a normal part of aging. Take steps to improve your quality of life and stay in your home.



Make your home safer.

Grab bars and other easy home improvements can help prevent falls.



Keep moving.

Activities like walking and Tai Chi strengthen legs and improve balance. Find free activities at www.UnitedWeSweat.org.



Have your eyes and medications checked.

Changes in vision and in medications can increase your risk for falls.



Speak up.

Talk about any fears of falling and about any past falls with your doctor, family, or occupational therapist.

Program coordinated by Lorain County Public Health in partnership with Lorain County Office on Aging and Lorain County Habitat for Humanity.

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**Lorain County
Public Health**

For the Health of Us All