

# 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](http://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](http://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