



Do's

HEALTH AND MEDICATIONS

Get Annual Health check up for eyes, cardiac & blood pressure



EXERCISE!

Join exercise program that aids agility, strength, balance & coordination!



BATHROOM

Install grab bars on bathroom walls & use rubber mat on bathroom floor



BEDROOM

Place a lamp near your bed.
Sleep on a bed that is easy to get into and out of.



Don'ts

KITCHEN NORMS

Do not stand on chairs or boxes to reach upper cabinets.



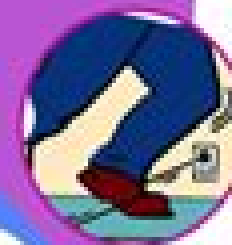
QUIT SMOKING!

Avoid alcohol



LIVING ROOM RULES

Do not run extension cords across pathways;
Rearrange furniture



UNCOMFORTABLE FOOTWEAR

Wear properly-fitting shoes with nonskid soles. Avoid high heels.



Falling In Old Age Prevention And Management

ML Yell



Falling In Old Age Prevention And Management:

Unveiling the Magic of Words: A Report on "**Falling In Old Age Prevention And Management**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Falling In Old Age Prevention And Management**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

http://www.pet-memorial-markers.com/About/detail/default.aspx/gods_gifts.pdf

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