



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.

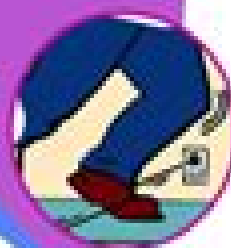


QUIT SMOKING!
Avoid alcohol



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

S Ben Porath



Falling In Old Age Prevention And Management:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Falling In Old Age Prevention And Management**

In a global inundated with displays and the cacophony of quick conversation, the profound power and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, located within the musical pages of **Falling In Old Age Prevention And Management**, a charming perform of fictional elegance that impulses with raw emotions, lies an unique trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this interesting opus guides visitors on a psychological odyssey, gently revealing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect their fascinating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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