SENIORS FALL PREVENTION

ACROSS

1 Make it safer to prevent falls
2 One of the most important ways to reduce your chances of falling

7 Strengthens bones and muscles
3 A dosage change can make you drowsy or light headed

8 A throw _____ can cause you to slip and fall
4 Drink 6 to 8 glasses each day to prevent dehydration

9 Wearing a safe style can significantly reduce the risk of an injury
5 Leading cause of injury for people over age of 25

11 Should be checked by a doctor each year
6 Should be installed along the path from bedroom to bathroom

12 Stairway safety feature
10 Never use as a step stool

By Evelyn Johnson - www.qets.com
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Solution:

H O M E
M X
W E F E
A D A R
T I L C
E I C A L C I U M
R G I S S
H N E
F O O T W E A R
L
V I S I O N
G
H A N D R A I L S
T R

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