

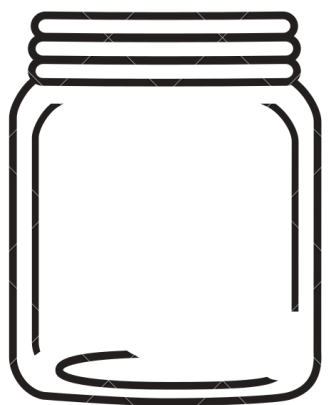
# APRIL FALLS DAY

## Frailty – Do You Know the Signs?



### **Exhaustion**

Feeling tired?



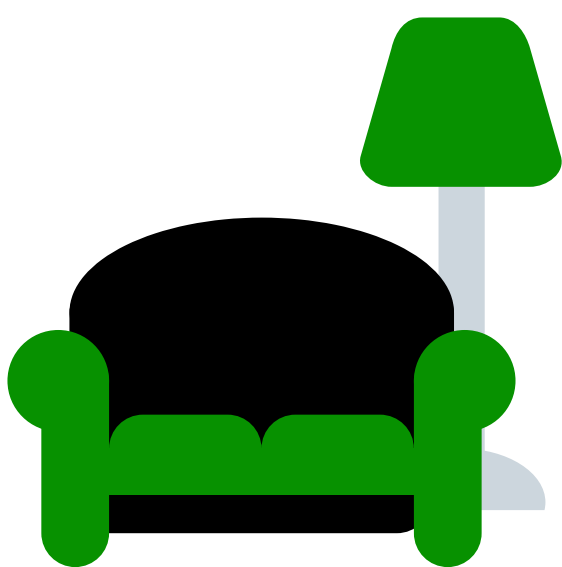
### **Weakness**

Decrease in grip strength; getting harder to open a jar?



### **Unintentional Weight Loss**

Losing weight without trying?



### **Low Physical Activity**

Too much time sitting down?



### **Slower Walking Speed**

Everything taking a bit longer?