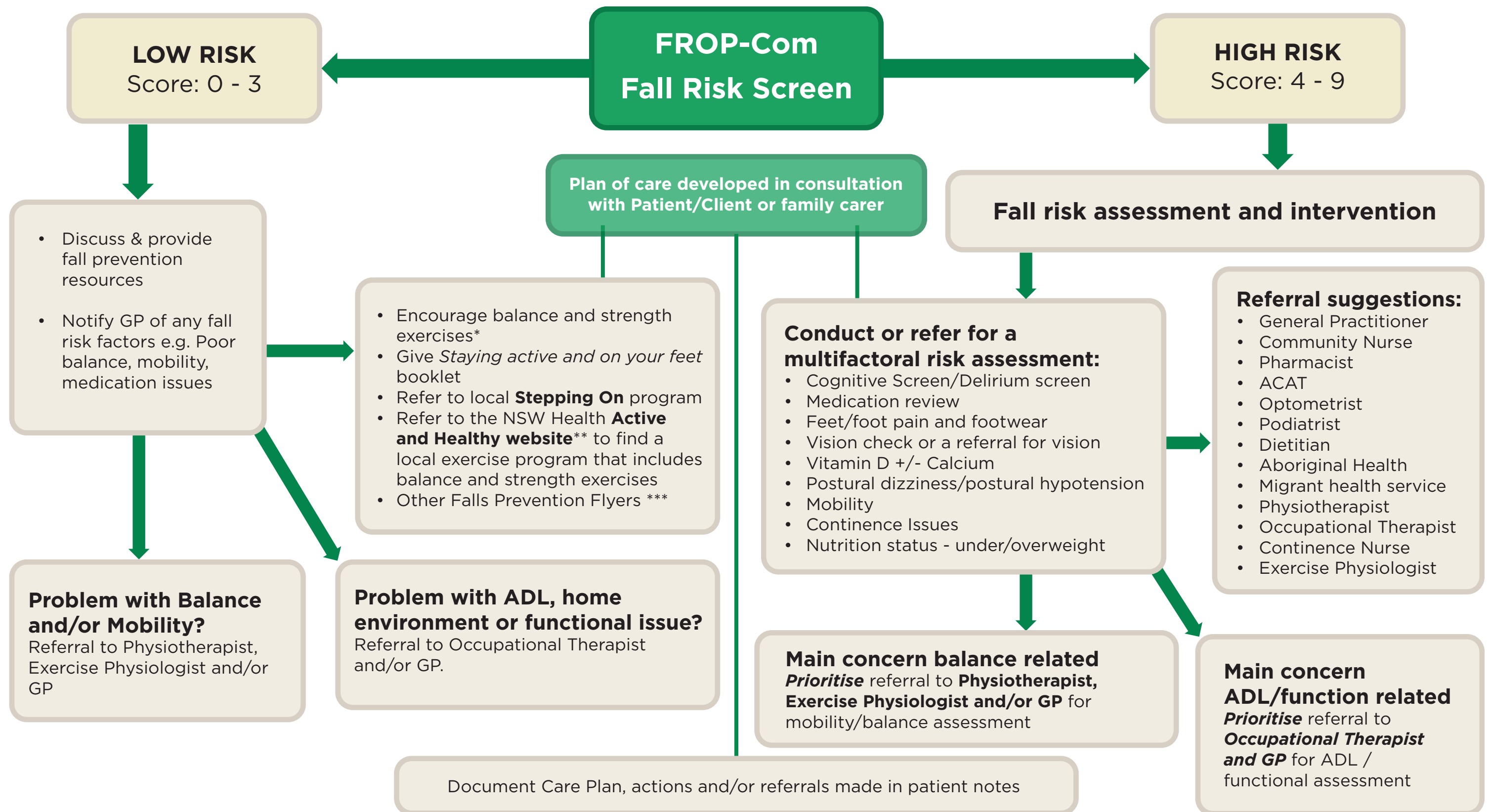


Falls Prevention for Community Care Settings



*Research shows increasing balance and strength in lower limbs helps to prevent falls in over 65 year olds

**Active and Healthy website www.activeandhealthy.nsw.gov.au

*** Falls Prevention flyers for patient, family and/or carer www.cec.health.nsw.gov.au/programs/falls-prevention