

## **Are you at risk of falling? Take this simple quiz:**

Have you fallen in the last 12 months?

Do you get dizzy or have trouble keeping your balance?

Do you take four or more medications daily?

Do you sometimes have difficulty getting up from a seated position?

Do you have difficulty seeing clearly?

Do you have difficulty walking?

Do you limit your activities because you are afraid you might fall?

If you answered “yes” to any of these questions, you might be at risk of falling.

To learn more about local resources and ways to prevent falls visit [www.FallPreventionNetwork.com](http://www.FallPreventionNetwork.com)