

***It's never too early
or too late to start!***

***Alaska Senior Falls Prevention Week
September 18-24, 2011***



How important are these to you?

***We all expect changes as we age...
but aging doesn't have to mean giving up:***

- Ⓜ things we value, *or*
- Ⓜ activities we enjoy doing, *or*
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- Ⓜ our ability to contribute to the well-being of our family and community.



I decided to take up activities that build strength,
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What are some other choices?



If you'd like to know more:
www.anthc.org/chs/wp/injprev/elder-fall.cfm
 email: hdstrayer@anthc.org
 (907) 729-1900
www.AlaskaAging.org/falls/
 email: nancy.jamieson@alaska.gov
 (907) 465-1605

