

Name: _____

Date: _____

A Matter of Balance

N N F E N S Q L Q V M X O Y T T H J I K Q O I K
E O R M L L A F A M O R F P U G N I T T E G N H
W I N O W E E W W N H Q C J A E A Z G M P U A T
V T G H A E K H K W M H D H Q O V C U X S F T G
S N A E P R S A N E V J W T G V S I E K K B R N
Z E M H O U G T Z U I G R W W L M B F T N H O E
A T A T S S N T A Y J U J B A R L L R D I H T R
H T T N I S I O Z Z A C S M S J E L N A M O C T
R A T I T E R D A V P D I B G X R D V Z P X O S
U G E S I R A O R M R N G D I X I A Z Z W F D Y
O N R D V P E A I Q A V L B I N L A C S K E R T
J I O R E D H F Z J I I I V O T A B I E P K U I
Q Y F A T O D T I E P L A A T O G I R C I M O M
A A B Z H O N E J K I Q F X V A H D D A C E Y E
G P A A I L A R B T T V S E S Y N Y P F L D O R
W V L H N B N A Y L L M H I H H H X R R I T T
S R A L K W O F C K J X T Y L N Q H R U Y C G X
F M N L I O I A S S I S T D E V I C E S S A N E
O C C A N L S L N G I H O W Q F G R R N N T I R
C A E F G O I L F V S E Y O Z I Y J Z E O I K E
V Q R H M S V I V W Q M L D D N C G M V W O L W
Y D R I N K I N G W A T E R Z N H M M E R N A O
U U N H B U G D V C M K Z H B J K K A N R S T L
H L F E A J S K S I R L L A F G N I C U D E R D

fall hazards in the home
getting up from a fall
Reducing fall risks
positive thinking
assist devices
medications

lower extremity strength
talking to your doctor
low blood pressure
paying attention
drinking water
animals

what to do after a fall
a matter of balance
vision and hearing
uneven surfaces
flexibility