



# Stay On Your Feet

## Did you know?

- Most falls are predictable and preventable.
- Falling is not a normal part of aging.
- Falls can result in serious injuries, which reduce your mobility and independence.
- Most falls are the result of health or lifestyle factors.

*Stay Active, Stay Independent,  
and Stay on Your Feet!*

**Report any falls to  
your health care provider!**

For information about risk factors for falls or  
local falls prevention programs, call:

**Stay On Your Feet Sudbury Manitoulin**  
**705.674.4330, toll-free 1.855.674.4330**  
**stayonyourfeet@sdhu.com**  
**www.sdhu.com**