

Help SRHD Spread the Word about Preventing Senior Falls

Forward this email to friends and family

Just around the corner on May 14 is the [Celebrate Life! Expo*](#), where the SRHD Injury Prevention program will be offering free senior falls screenings.

We need your help in spreading the word to friends and family members, not just about the free screenings, but also to share our Fall Prevention Prescription. Each week, we'll send out a new piece of the prescription for your own knowledge and also to forward along to friends and family members.

Week 2

Make your home safer.

- Remove all clutter and furniture that prevent clear walking paths
- Remove throw rugs
- Install grab bars and non-slip mats by toilets and in bathing areas
- Install handrails and lights on all staircases
- Move frequently used items to lower cabinet shelves
- Put night lights along the path from the bedroom to the bathroom
- Wear footwear with a tread
- Avoid high heels, sandals and loose slippers
- Keep outdoor pathways clear of ice, snow, and debris

Questions? Email [Marion Lee](#). Or visit the [SRHD Injury Prevention](#) page on the SRHD website.

**The Celebrate Life! Expo "Successful Aging in the Inland Northwest," sponsored by [PED Spokane](#), will be held Sat., May 14, 2011, from 8:00 a.m. to 4:30 p.m. at the Spokane Fair and Expo Center. For more information: (509) 326-1471 (509) 326-1471*