

TAKE A STAND TO PREVENT Falls

PREVENTION BINGO

Cross off 15 of the 25 squares and win a sand shaker and also qualify for a “grand prize”

Click on each square to take you to a specific Falls Prevention Tip!

NO FLIP FLOPS	CHECK CABLES & EXTENSION CORDS AROUND HOUSE	“TAKE IT TO THE BOX” FOR EXPIRED MEDICATIONS	VISION & HEARING TESTED IN THE LAST YEAR	GOT MY FEET CHECKED!
CARRY A COMMUNICATION DEVICE IN CASE OF A FALL	DAILY PHYSICAL ACTIVITY	NIGHT LIGHTS ON THE WAY TO THE BATHROOM	GRAB BARS IN THE BATHROOM	REMOVE SLIPPERY OR THICK RUGS
EAT HEALTHY MEALS EACH DAY & STAY WELL HYDRATED	TOOK A BALANCE CLASS IN THE PAST YEAR	VIEW ALICIA REARDON VIDEOS ON FALLS PREVENTION	GOT SAND SHAKER	STAND UP SLOWLY
KNOW SENIOR LINKAGE LINE SENIORLINKAGELINE.COM 800-333-2433	CHECK MEDICATIONS	HAND RAIL ON ONE OR BOTH SIDES OF STAIRCASE	“FILE OF LIFE” EMERGENCY PRE-PLANNING	ICE GRIPPERS WINTER FOOTWEAR
VIEW SAIL EXERCISE CLASS VIDEO (SAIL = STAY ACTIVE & INDEPENDENT FOR LIFE)	USE A TALL TOILET OR RAISED TOILET SEAT	NON-SLIP MAT IN SHOWER & TUB	FIRST AID KIT HANDY	HEALTH & WELLNESS CLASSES YOURJUNIPER.ORG

First Name (PRINT)

Last Name (PRINT)

Phone Number

All completed Bingo Cards qualify for a FREE Sand Shaker for the winter. Plus all will qualify for a Grand Prize drawing later in September.

Scan and send the completed card to: casscountyfallsprevention@gmail.com OR print and send card to Simon Whitehead, 400 Michigan Ave., Walker MN 56484

http://www.co.cass.mn.us/livehealthy/falls_prevention.php