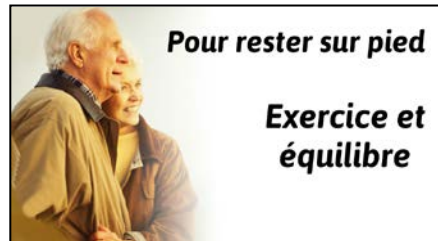
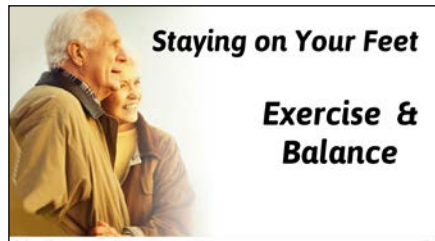


Staying on Your Feet Fall Prevention Videos now available

A series of videos aimed at helping reduce falls has been produced by Manitoba Health, Seniors and Active Living and the Winnipeg Regional Health Authority. These can be shared with clients, posted to your website and downloaded and used in closed circuit TVs in waiting rooms.



It may come as a surprise that falling is a leading cause of hospitalization and death. Each year in Manitoba, about 150 people die and 5400 are hospitalized from a fall. The good news is there are things you can do to prevent a fall from happening. Watch our video and learn how you prevent a fall and stay on your feet.



Did you know that one of the best things you can do to prevent a fall is to stay strong with balance training and exercise? Watch our video to learn about what exercises are the most beneficial in preventing a fall and what to look for in an exercise program.



Did you know that medications, herbal supplements and over-the-counter remedies can put you at risk of falling? Watch our video to learn what medications put you at most risk, why this is and what you can do to manage your medications and prevent a fall.

For links to these videos and for more information on fall prevention, visit www.preventfalls.ca