

LOCATIONS

Lankenau Medical Center

100 East Lancaster Avenue
Wynnewood, PA 19096

Bryn Mawr Hospital

130 South Bryn Mawr Avenue
Bryn Mawr, PA 19010

Paoli Hospital

255 West Lancaster Avenue
Paoli, PA 19301

Riddle Hospital

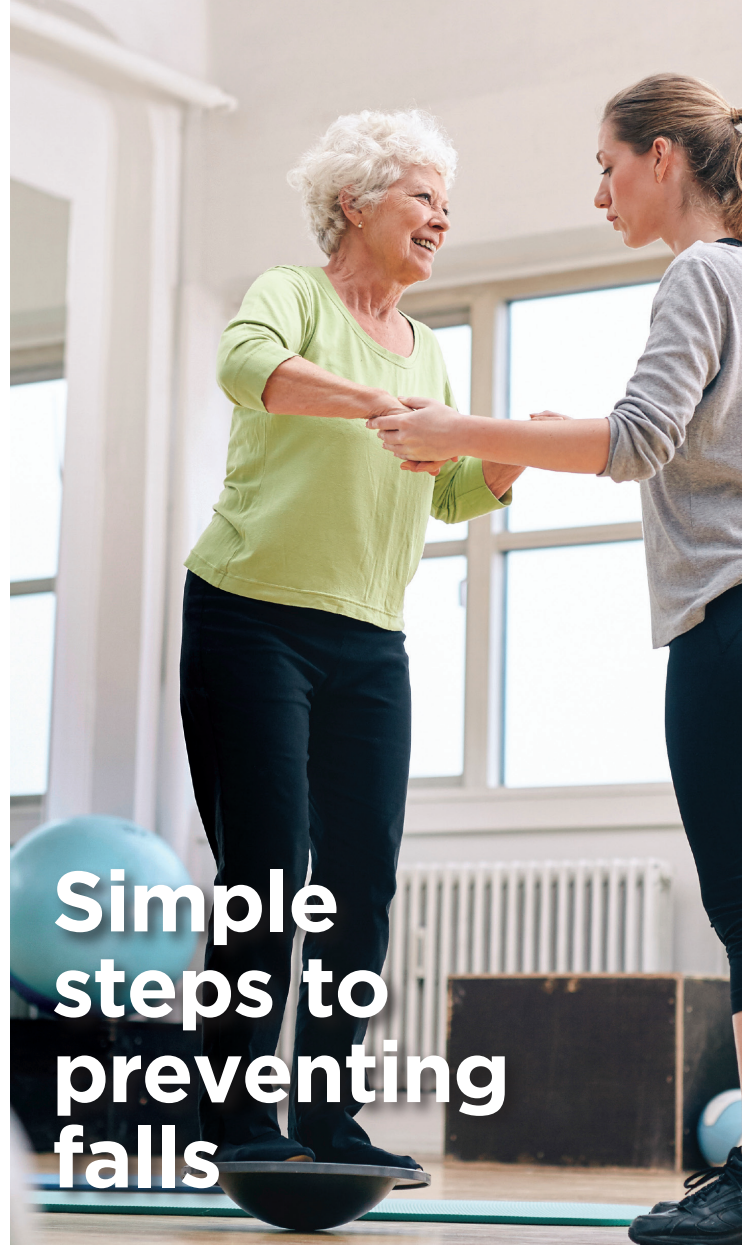
1068 West Baltimore Pike
Media, PA 19063

Bryn Mawr Rehab Hospital

414 Paoli Pike
Malvern, PA 19355

To register for a course to learn more
about preventing falls, please call:

1.866.CALL.MLH
mainlinehealth.org



**Simple
steps to
preventing
falls**



Main Line Health®
Well ahead.®



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Well ahead.®

Every year, thousands of older adults are seen in emergency departments for fall-related injuries. At Main Line Health, we offer free classes for older adults and their families to learn more about preventing falls.

Safer Steps

In this one-hour course, participants learn how to stay independent by preventing falls. This class points out common safety hazards in the home and teaches the importance of exercise.

Healthy Steps For Older Adults

This two-part workshop raises awareness about the causes of falls and how to prevent them. Participants learn how to exercise safely at home with a focus on health and well-being. It also includes a physical skill screening to determine a person's fall risk.

A Matter of Balance

This more intensive program consists of eight sessions. Each session is a half day. Trained coaches help teach participants about the importance of balance through exercise and also address fears about falling.

To register for any course listed above, please call 1.866.CALL.MLH (1.866.225.5654).

Tips to keep you from falling

- Find a good balance and exercise program; one that includes exercises for balance, strength and flexibility.
- Talk to your doctor about fall risks. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Some medications have side effects, which can increase your chances for falling.
- Get your vision and hearing checked every year and update your glasses. Your eyes and ears are key to keeping you on your feet.



- Keep your home safe. Remove tripping hazards, increase lighting, and install grab bars.
- Talk to your family and friends. Get their support in helping you to stay safe.
- Limit your alcohol intake. Many people fall when they have too much to drink.