FREE Fall Prevention Screening

Foodland
FOOD, FAMILY & FRIENDS.

Seniors – Some meds can make you dizzy or contribute to a fall.

Please call this Foodland HOTLINE for an appointment at a Foodland pharmacy closest to your home. This number is good statewide on all islands.

CALL (808) 885-2075 Monday through Friday - 8:00am to 5:00pm

Appointments will be from July 1st through July 22nd

- **When you make an appointment with our pharmacist, we will review all your medications FREE.**
- **In Addition, our staff will be happy to assist you with a balance test... it only takes a couple of minutes and you can see if you are at risk for falling.**

Preventing Falls–
Tips for seniors to stay safe

NO GET HURT Hawaii

FALL INJURIES are preventable

1. Some medications cause dizziness, which can lead to falls. Be proactive and prevent a fall. Simply make an appointment with our pharmacist today to review your medications, including any over-the-counter drugs and supplements.

2. Maintaining good vision helps with balance and safety. Be proactive and prevent a fall – have your eyes checked at least once a year.

3. Balance and strength are essential to preventing falls—be active and do simple movements every day to prevent a fall – walk, garden, do yoga, swim, dance, or start a program like Tai Chi.

4. Make your home safer by removing fall hazards like keeping pathways clear and the floor free of objects. Call 733-9202 or visit www.nogethurt.hawaii.gov for a home safety checklist.

For further information call the Department of Health at 733-9202 for fall prevention information and programs.

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In Partnership with The Hawaii State Fall Prevention Consortium, and the Hawaii Department of Health Emergency Medical Services and Injury Prevention Branch

HAWAII STATE DEPARTMENT OF HEALTH