FREE Fall Prevention Screening

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

Make an appointment at any TIMES Pharmacy to have your medications checked.

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.

SUPERMARKETS times

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.

Times Supermarkets

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